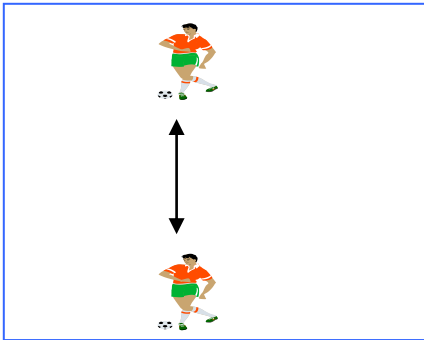


FSA Development Program

Conditioning for Soccer

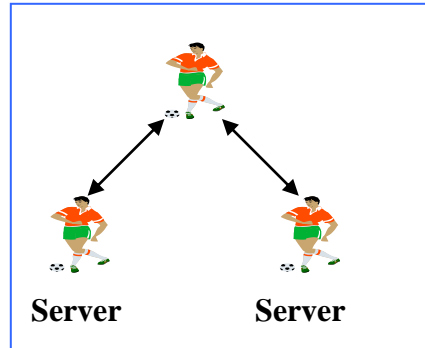
Warm up Activities

Activity 1



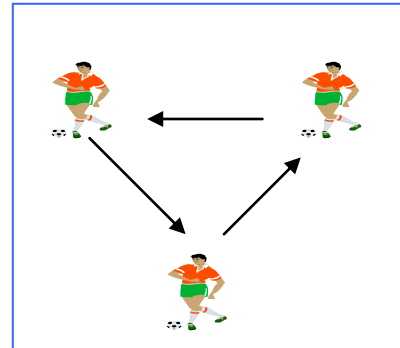
- Area 10 x 10
- 2 Players pass and move forwards and back
- **Duration 1 minute**
- **Rest 30 seconds**
- Intensity Low
- Repetitions 2 - 4

Activity 2



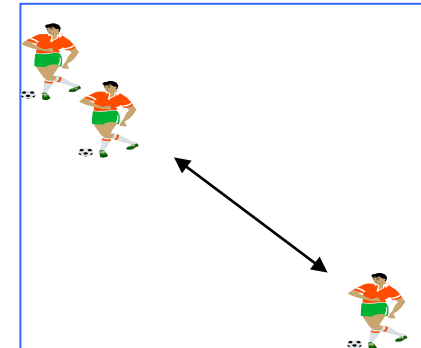
- Area 10 x 10
- 2 Servers work 1 player
- Pass back – Volley back –Head Back Chest / Volley back
- **Duration 30 – 45 secs**
- **Rest 1 : 2 Ratio**
- Intensity Moderate
- Repetitions 2 – 6

Activity 3



- Area 10 x 10
- 3 players pass 2 balls
- 3 players throw 2 balls
- **Duration 1 minute**
- **Intensity Low**
- Good Active Rest activity after high Intensity Drill

Activity 4



- Area 10 x 10
- Groups of 3 players or 4
- Pass and Move 2 touch
- **Duration 1 minute**
- Intensity Moderate
- **Rest 30 seconds**
- Repetitions 2 – 6

Gordon Ferguson *Fergie*
 FSA Coach / Player development