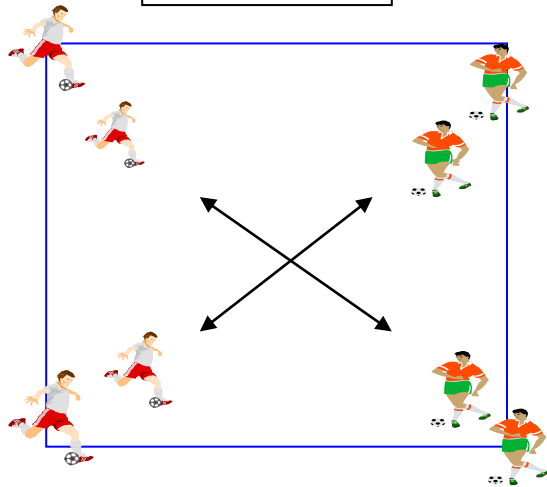


FSA Development Program

Conditioning for Soccer

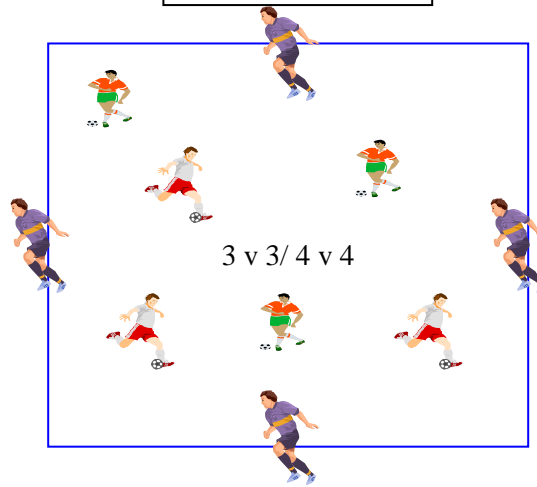
Aerobic Base Activities

Activity 1



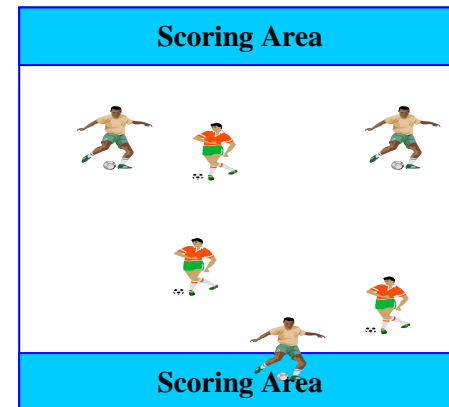
- **Area 40 x 40**
- 4 Teams of equal numbers at each corner
- 1 ball per group
- Run ball across Diagonally and change
- Variations :
 1. Pass ball across
 2. Change balls with on coming player in the middle.
- **Duration 3 to 6 minutes**
- **Active Rest 1 – 3 minutes**
- **Repetitions 2-4**

Activity 2



- **Area 40 x 40**
- 2 teams of 3 v 3 / 4 v 4
- 4 Target Players on the Outside of area
- Possession game, Keep score on how passes a team can get.
- Target players play for team that gives them the ball
- Rotate Target Players
- **Duration: 3 to 6 Minutes**
- **Active Rest: 3 – 5 minutes**
- **Repetitions: 3 – 4**
- Variation Play with 2 Targets

Activity 3



- **Area 40 x 35**
- 2 Teams of 3 v 3 / 4 v 4
- To score Dribble across into Scoring Area
- Variation : Pass to someone in scoring Area
- **Duration : 3 to 6 minutes**
- **Active Rest: 3 – 5 minutes**
- **Repetitions: 2 – 4**

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FSA Coach / Player Development