


Soccer Fitness: Endurance Training
Paul Driesen

Note: This session was presented by Paul Driesen, formerly of the KNVB, at the 2006 Region II Coaching Symposium. The following is a collection of activities which can be used to provide your players endurance training within the context of realistic, soccer-specific games.

Activity, Description, and Progression	Diagram	Coaching Points
<p>Warm-up</p> <ul style="list-style-type: none"> - ~6 players per team - Each player on one of the teams starts with the balls. - If a player does not have a ball, then they must attempt to take one from another player from the other team. - When the coach yells “STOP” players with balls will stop their balls with the sole of their foot to show possession. - The goal is to have a ball when 30 seconds is up. - If a player’s ball is knocked out of the grid, then they must go and get another ball (cannot keep it). - Compete- keep track of the score for each team <p>Progression</p> <ol style="list-style-type: none"> 1. 3 players from each team have balls to start the exercise. 2. Players can use both halves of the grid. 		<ol style="list-style-type: none"> 1. Allow the players to solve problems on their own. 2. Many players will find creative ways for their team to gain and maintain possession of the balls (double-teaming, passing to keep possession, etc.). 3. Remember: the focus of the session is on Endurance Training.

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1 v 1 to Goal and Counters

- One team is designated the attacking team that goes at the big goal.
- Other team is designated the defenders who attempt to win the ball and attack the counter goals.
- Coach plays ball out to start each 1 v 1 battle.
- When the goalkeeper makes a save, they quickly look to distribute to their defensive player who then looks to score on one of the counter goals.

Progression

1. Have teams switch attacking and defensive roles.



1. Make the exercise very competitive by keeping track of the score.
2. Encourage players to go to goal and finish quickly.

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6 v 6 Possession

- Each team gets two minutes to see how long they can possess the ball within the time allowed.
- Coach will start his/her watch as soon as the designated team establishes possession. Coach stops watch each time possession is lost.
- An assistant will need to be in charge of letting the teams know when the two minutes is up.

Progression

1. Once a team wins the ball back, they must transfer the ball from the half in which they won it into the other half of the field.
- Time of possession does not start until **AFTER** the ball has been transferred from one side to the other.
 - Each team is given two minutes as in the previous exercise.



1. Players should be placed in some kind of shape/line-up so they know what their roles are for each exercise.

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5 v 5 + 1

- Teams may only possess in their designated half.
- When the defending team wins the ball they immediately look to pass the ball across the field to their target player (red circle).
- Teams cannot run into their half to possess until the ball has been sent to the target player.



1. Have a time limit on each game.
2. Let the players play.
3. Keep track of score.
4. One point each time a team can win the ball and play it to the target player on the other side.

6 v 6 to Two Goals

- When the ball goes out of bounds, both teams must sprint back, touch their own end lines and get back into their team shape.
- Coach starts all new balls.



1. Coach can shorten the space if needed.

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3 v 3 Transition Game

- Team defending must guard the goal like goalkeepers, but cannot use their hands to make a save.
- Attacking team is given a maximum of four touches of the ball before they must get a shot off.
- After a shot is taken, the defending team becomes the attackers, and the attackers must sprint back to cover their goal.

Progression

1. Players may only use one touch each.



6 v 6 Four Goal Game

- Field is split into $\frac{1}{4}$ s.
- Goals only count when all players on the attacking team are in the same $\frac{1}{4}$ at the moment the ball crosses the goal line.
- Additional points are given to the attacking team if any defending players are outside the $\frac{1}{4}$ when the ball crosses the goal line.

Progression

1. 6 v 6 Game to Two Goals



1. Players are put in a line-up/shape.
2. Finish by having the two teams go to two big goals.
3. Play several seven-minute games.
4. Keep score and keep it competitive.