



## Football Fitness:

**Category:** Physical: Speed

**Difficulty:** Moderate

Reseller-Club: Premier Users' Club  
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### Fitness 1

Football Fitness: With Ball:

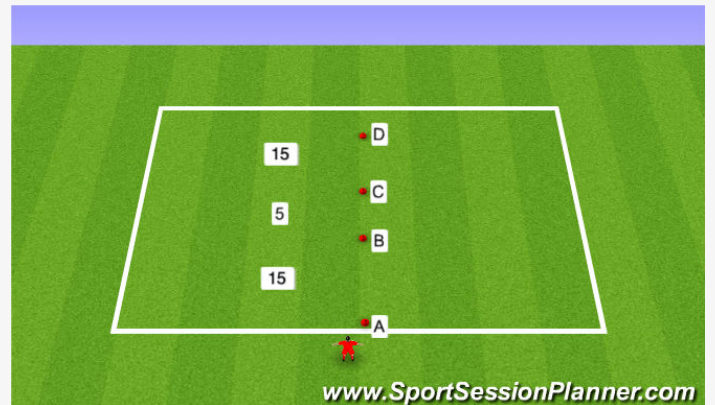
Distances are covered on Side: Can be adjusted in accordance with space available

Exercise done With Ball

Player will Run as follows A-B-A-D-C----Out beyond cone D

Work to Rest 1:1 Set of 4:

Distances are transferrable to game like runs and drill involves several turns in possession so players continue to work on changing direction while in possession. Acceleration on turn should be treated like trying to create space when getting away from a defender



### Fitness 2

Player A and B pass to each other until Player B says go. When he does Player A sprints beyond the square and out Beyond the corner where the Blue mannequins are set (Can use and object here)

This is a full sprint and works on players reaction time to accelerate and get out of square at pace.

Can change to Player B raising his arm to alert when Player A runs, so Player A HAS to remain constantly aware of movements of Player B.

To add Player A must exit on the side that Player B indicates with his arm movement.

Set of 8 then Switch roles.

