



FOOTBALL CONDITIONING

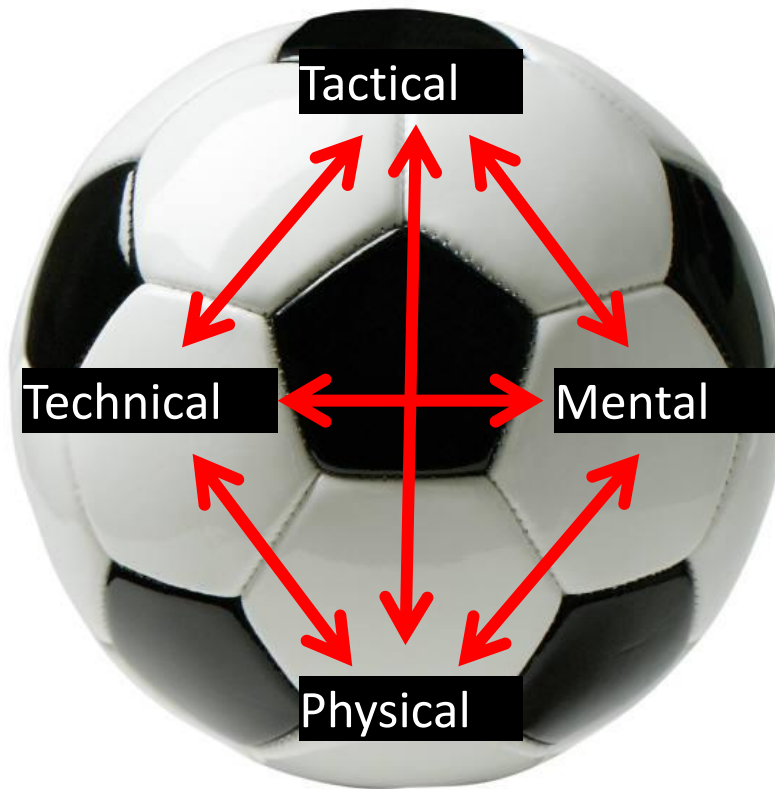
FFA National
Curriculum

National Football Curriculum philosophy

- The FFA National Curriculum *philosophy* is that the most appropriate way to train football is to leave the total football structure as much as possible intact.
- By isolating parts from the total context they lose their significance and therefore the structure of football is lost.
- In football the *Technical, Tactical, Mental and Physical* components can be distinguished individually but can not be separated
- *A 'holistic' approach of training football is the philosophical essence of the National Football Curriculum (as opposed to an isolated approach)*

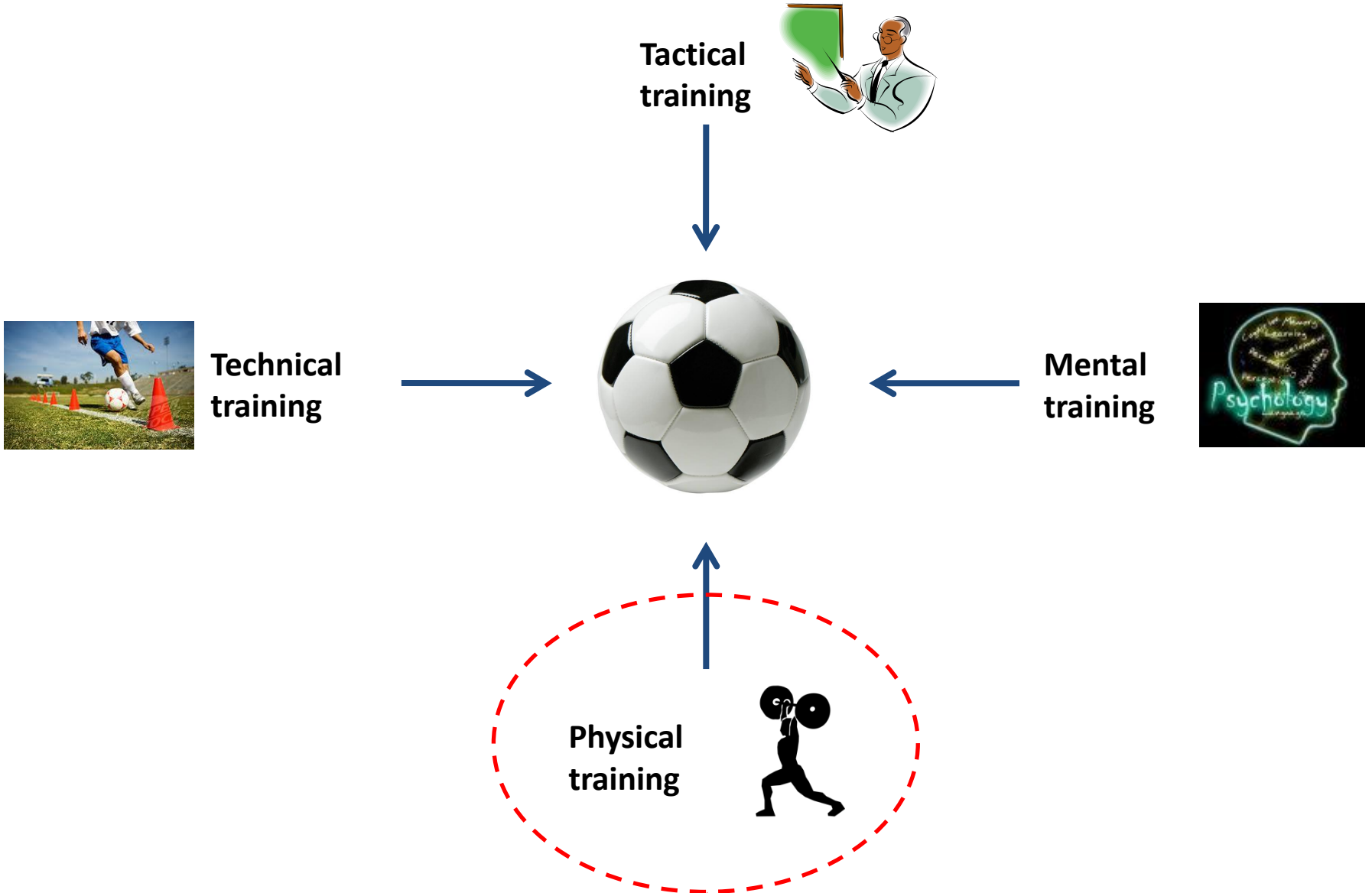
National Football Curriculum philosophy

FOOTBALL (TRAINING) IS:

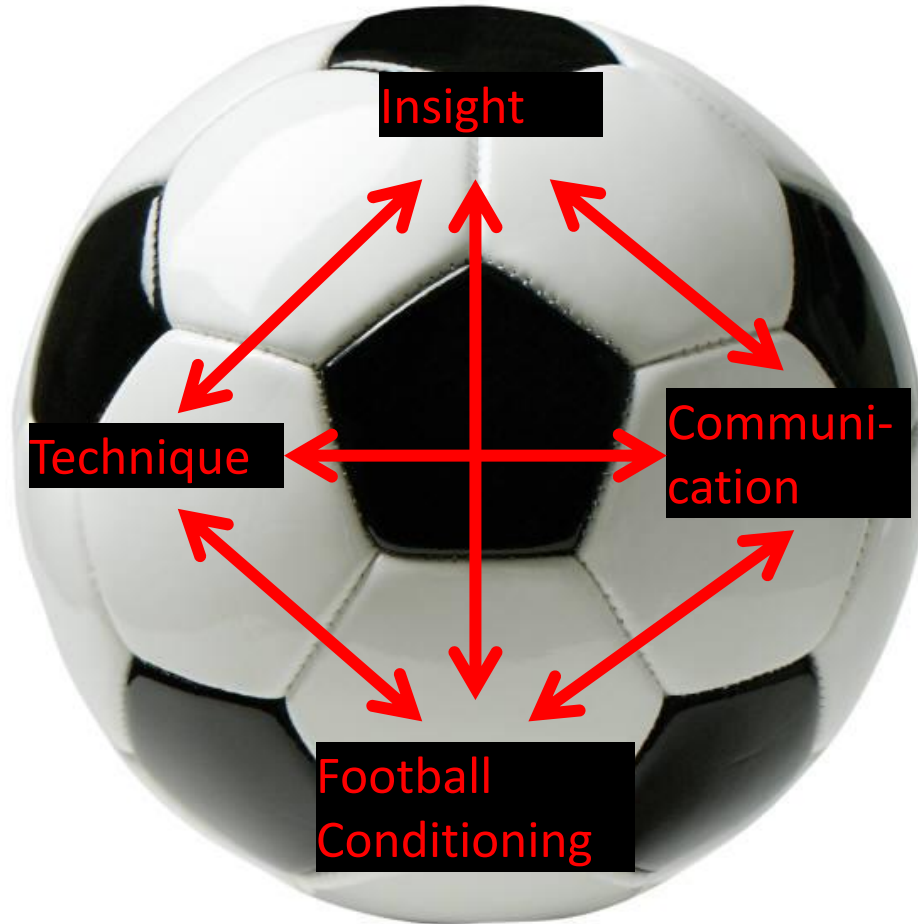


Instead of:

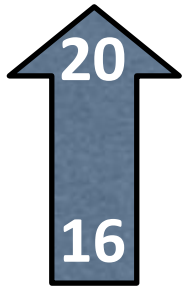
What used to happen (still happening?)



National Football Curriculum terminology



The Building Blocks

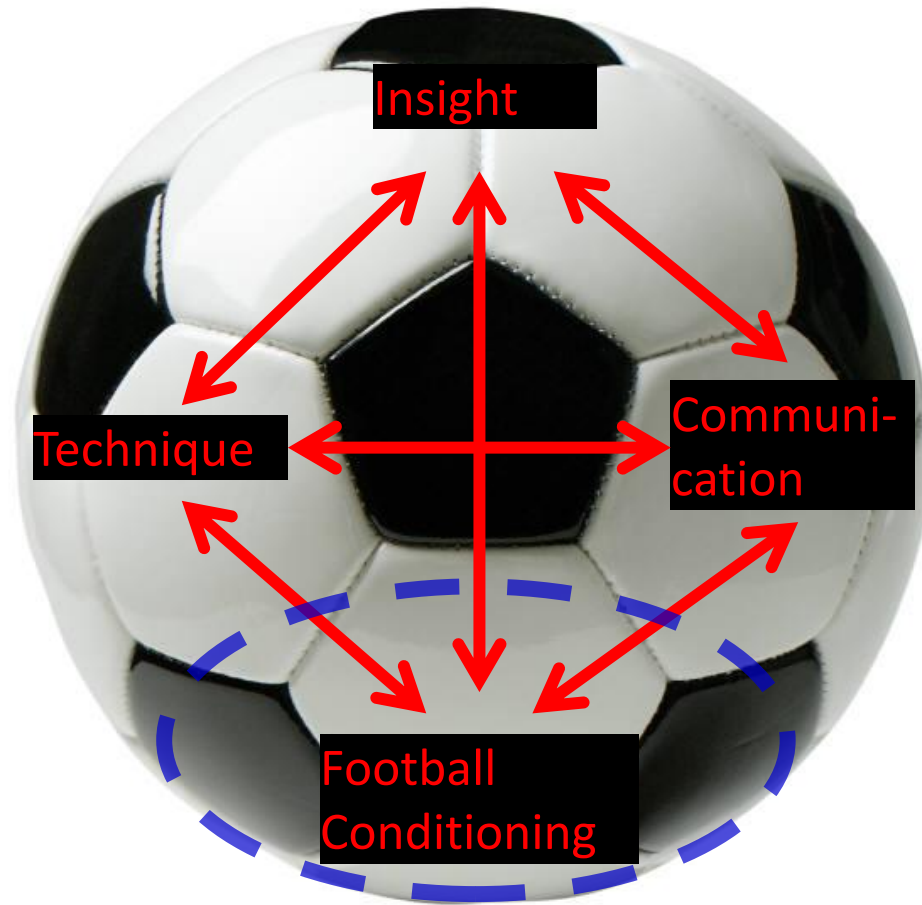


Performance Phase

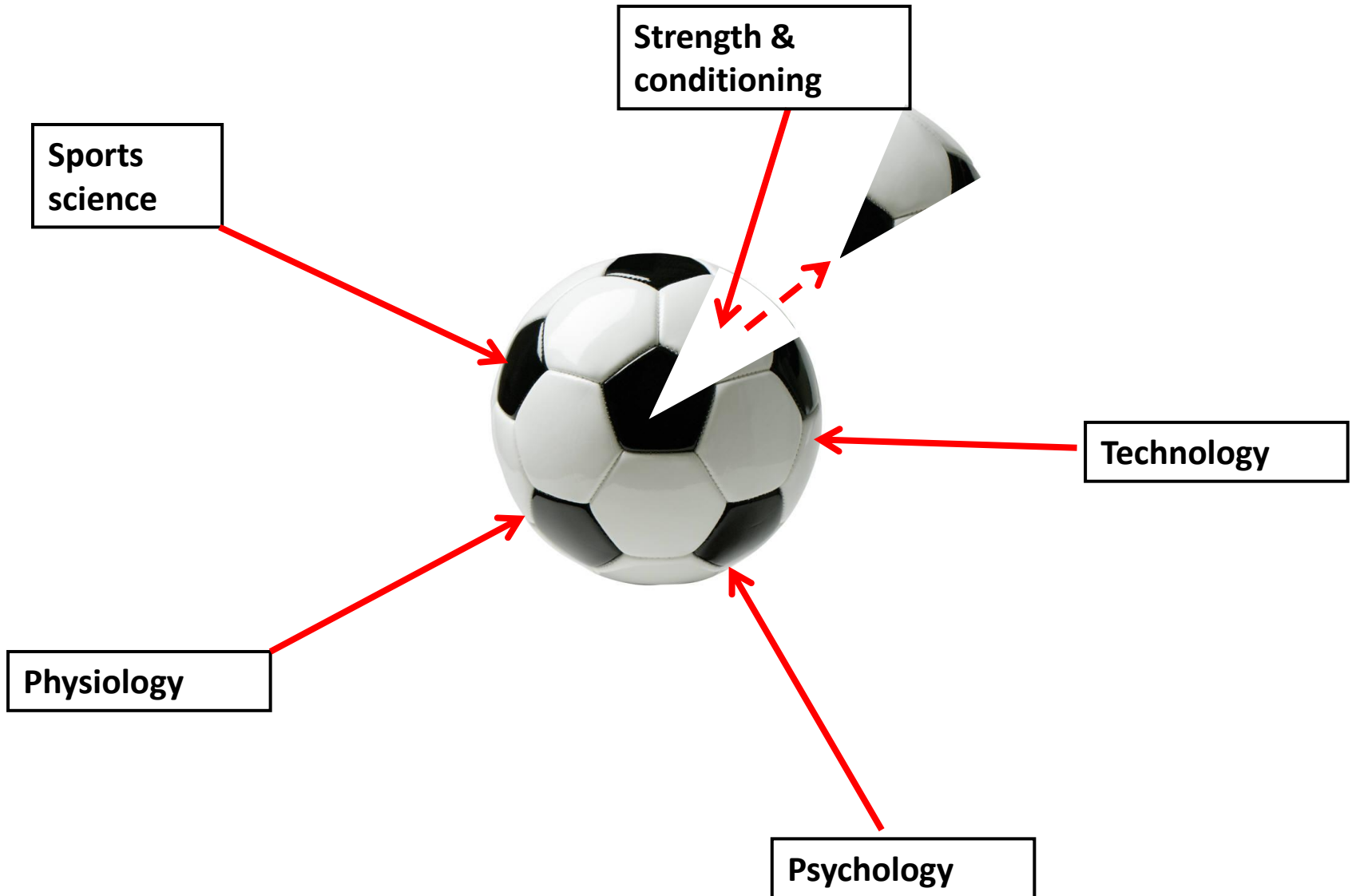
- **Perfecting the game-training components**
- **Adding FOOTBALL CONDITIONING to the program**
- **Performing / winning as a team in a competition environment becomes the aim (mental component)**

NFC philosophy: The Building Blocks

Performance Phase



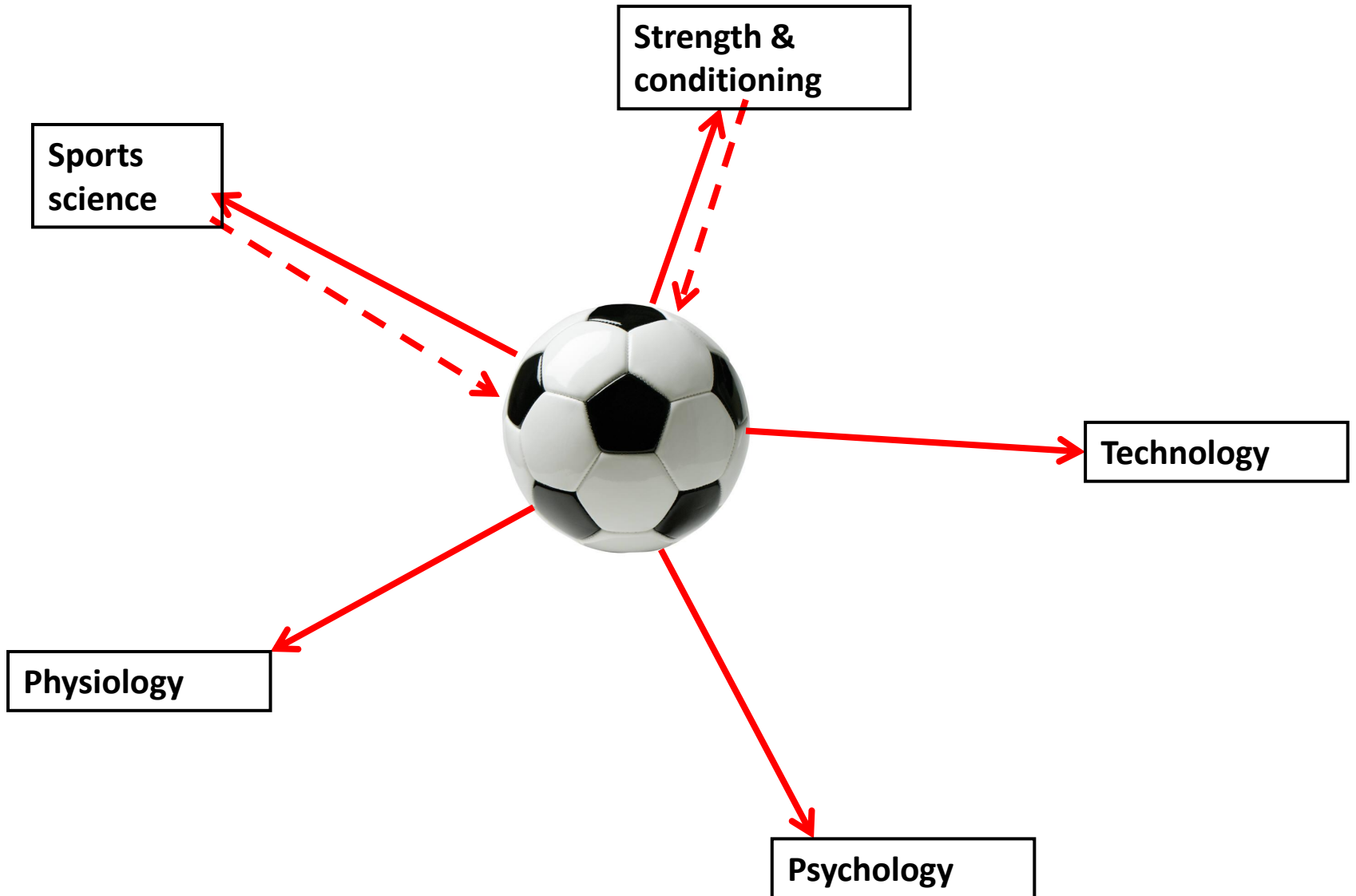
Current development



Result:



Instead of:





Football conditioning

The general perception in Australia is that fitness is THE decisive factor in football; therefore conditioning has become almost a national obsession, even in youth football



Football conditioning

Strength and Conditioning specialists from other sports have taken over a major part of football training and make us believe football fitness is almost rocket science



Football conditioning

In Rugby/AFL the physical component is probably decisive;

In football the technically and tactically most proficient players decide the games



Football conditioning

What does the FIFA physical data from the 2010 World Cup tell us?

Country	Lowest Distance Covered	Highest Distance Covered	LOW INTENSITY % (team average)	MED INTENSITY % (team average)	HIGH INTENSITY % (team average)
ALGERIA	9100	11400	81.4	9.2	9.4
SLOVENIA	9200	11300	82.5	9	8.5
DPR KOREA	8700	11800	81.6	9.2	9
AUSTRALIA	9500	12400	75.5	11	13.5
SPAIN	8800	11300	81.7	8.8	9.5
HOLLAND	8900	10800	83.7	7.7	8.6
GERMANY	9500	10800	82	8.8	9.2
URUGUAY	8300	11000	82.1	8.5	9.5



Football conditioning

The scores of the top 4 are not any better than those of teams that were eliminated during the group stage

Country	Lowest Distance Covered	Highest Distance Covered	LOW INTENSITY % (team average)	MED INTENSITY % (team average)	HIGH INTENSITY % (team average)
AUSTRALIA (v GERMANY)	9500	12900	79.1	10.4	11.5
AUSTRALIA (v GHANA)	9500	12900	80.6	8.7	10.7
AUSTRALIA (v SERBIA)	9500	12400	75.5	11	13.5
SPAIN (v SWITZERLAND)	9200	12000	78.9	9.1	12
SPAIN (v HONDURAS)	8900	11300	81.7	8.8	9.5
SPAIN (v CHILE)	8600	11600	81.8	8.6	9.6



Football conditioning

Fitness is apparently
not where you find
Spain's superiority



Football conditioning

What does the FIFA technical data from the 2010 World Cup tell us?

Spain (1st)

- Patient build-up play from the back through the midfield
- Excellent passing game
- Influential individual players (INIESTA, XAVI, VILLA)
- Comfortable in possession when under pressure
- Disciplined, well-organised defence
- Immediate pressure after losing possession
- Winning mentality
- Good links between the team lines
- Width of the pitch used well - wingers attack the goal, are able to cut in, good in 1v1 situations

Holland (2nd)

- Patient build-up play from the back through the midfield
- Excellent passing game
- Influential individual players (SNEIJDER, ROBBEN)
- Disciplined, well-organised defence
- Dangerous at set pieces
- Winning mentality
- Good links between the team lines
- Width of the pitch used well - wingers attack the goal, are able to cut in, good in 1v1 situations
- Midfield pressing
- Immediate pressure after losing possession

Germany (3rd)

- Patient build-up play from the back through the midfield
- Excellent passing game - good options for the player in possession
- Influential individual players (SCHWEINSTEIGER, OEZIL, MUELLER)
- Disciplined, well-organised defence
- Dangerous at set pieces
- Winning mentality
- Excellent team spirit
- Width of the pitch used well - wingers attack the goal, are able to cut in, good in 1v1 situations
- Rapid transition from defence to attack
- Effective use of full-backs



Football conditioning

Australia (21st)

- Deep defensive block
- Attacks using the width
- Immediate pressure after losing possession
- Strong, hard-working players
- Determination



Football conditioning

- Superior technical / tactical qualities (**effective** possession and 'match winning' players) were the deciding factors at the World Cup, not physical qualities
- The Australian focus must therefore be on developing better players instead of fitter players
- This is not going to happen with gym training or sprint training on the beach, only by using every minute training FOOTBALL.....



Football conditioning

Football fitness should be developed in a football specific way.

FOOTBALL TRAINING = CONDITIONING

CONDITIONING = FOOTBALL TRAINING



Football conditioning

When is a football player in a good physical condition ?

- When he is able to run 10 km around the athletic track or through the woods?
- When he is able to sprint 100 metres in 15 seconds?
- When he is able to do 50 push-ups or sit-ups ?
- When he is doing all the gym exercises with maximum weights ?
- When he scores best in sprint, jump or beep tests ?



Football conditioning

What is a good physical condition for playing football ?

1. When a player is able to make better quality football actions (from a **physical** point of view: more **explosive/powerful** football actions)
2. When a player is able to maintain the physical quality of his/her football actions for the duration of the game
3. When a player is able to recover more quickly between two football actions
4. When a player is able to maintain recovering quickly between two football actions for the duration of the game



Football conditioning

What else ?

5?

6?



Football conditioning

That's all there is !!!

(and it's 'trainable' playing FOOTBALL)



Football conditioning

So: do not waste valuable football training time.



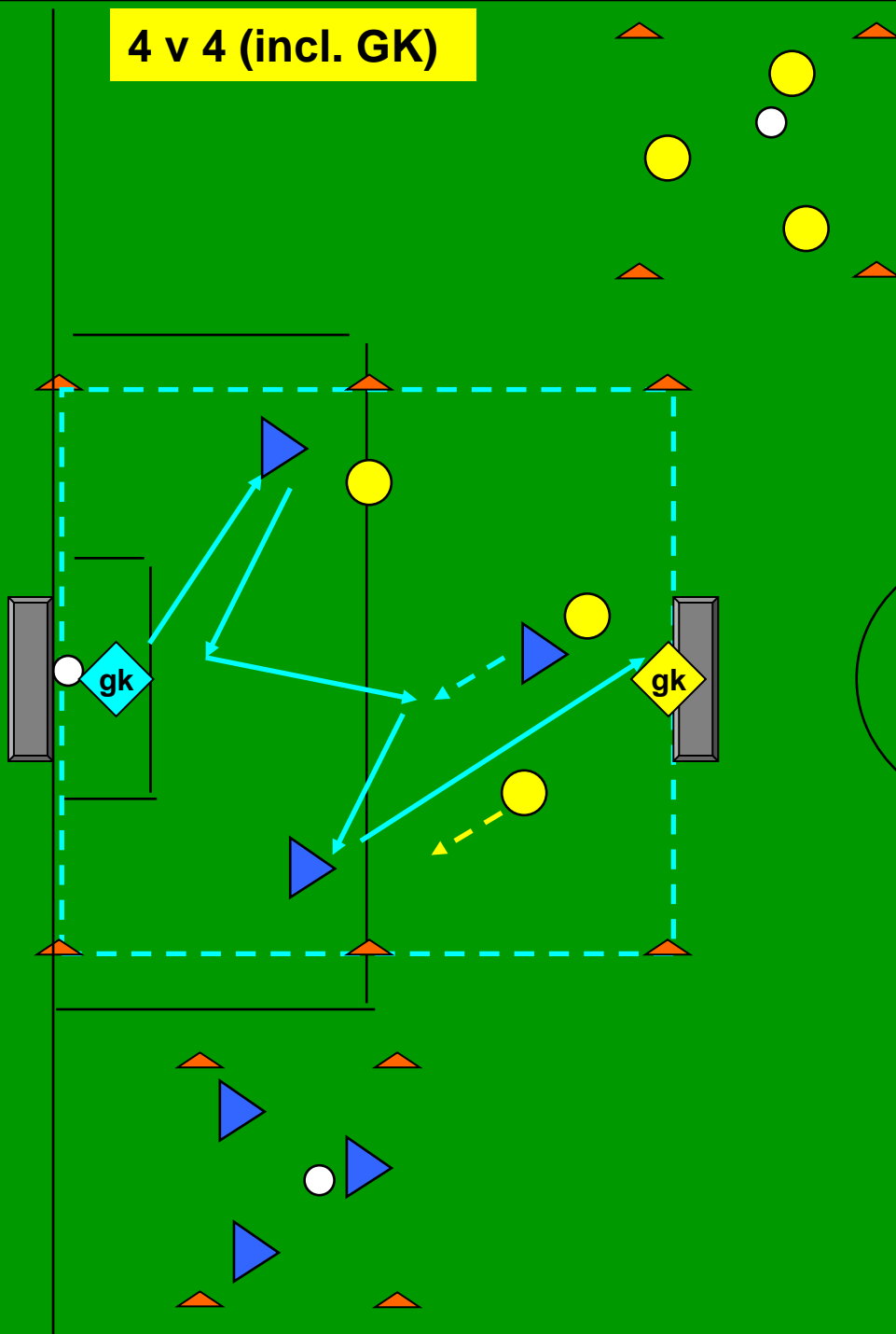
Football conditioning

3 v 3 – 4 v 4 (including goal keepers)

Starting level:

- 30x20 – 40x30 m. pitch
- Play 1 minute with 3 minutes rest
- 6 repetitions per series
- 2 series with 4 minutes rest in between.

4 v 4 (incl. GK)



4 v 4 on a 40:30 m. field.

Game development: 4 v 4, team in possession tries to score (goalkeeper: 1 touch only).

High intensity 1 minute nett playing time

No stops for throw-ins; corner-kicks; etc. goalkeeper to restart play within 3 seconds, otherwise possession goes to the opponent

After 1 minute the outfield players change with 2 new teams and have a 3 minutes 'active' rest (juggling; positioning or foot-volley game in a grid next to the playing area)

Game intention BP: positioning (1:2:1 formation); passing; 1st touch; shooting / finishing; handling-speed; decision making; anticipation

BPO: pressing / defending as a unit; communication; insight (cutting lines to goals & opponents)

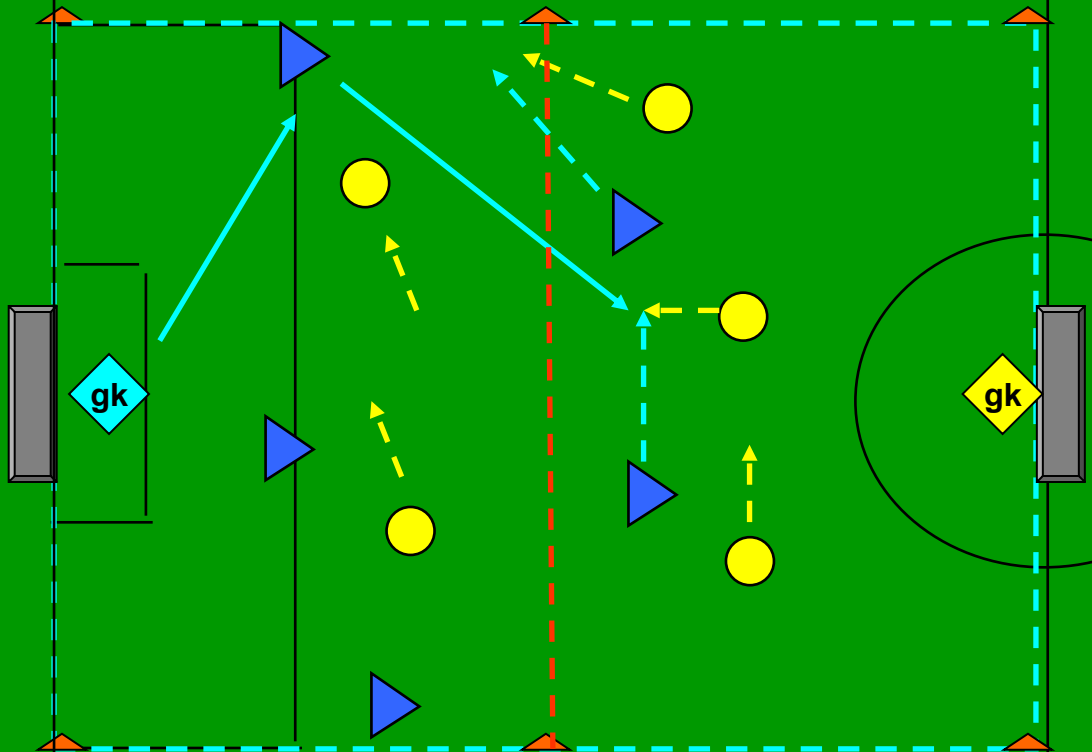


Football conditioning

5, 6 or 7 a side starting level:

- $\frac{1}{4}$ - half pitch (dependant on numbers)
- Play 4 minutes with 2 minutes rest
- 4 repetitions

6 v 6 (incl. GK)



6 v 6 on a 50:40 m. field.

Game development: 6 v 6, team in possession tries to score (goalkeeper: 1 or 2 touch only).

High intensity 4 minutes nett playing time

No stops for throw-ins; corner-kicks; etc. goalkeeper to restart play within 3 seconds, otherwise possession goes to the opponent

After 4 minutes the players have 2 minutes rest (possibly change of opponent: 4 teams playing on 2 pitches)

Game intention BP: positioning (formation 1-3-2); passing; 1st touch; shooting / finishing; handling-speed; decision making; anticipation

BPO: pressing / defending as a unit; communication; insight (cutting lines to goals & opponents etc.)

Structured defending is only possible when the off-side rule applies!



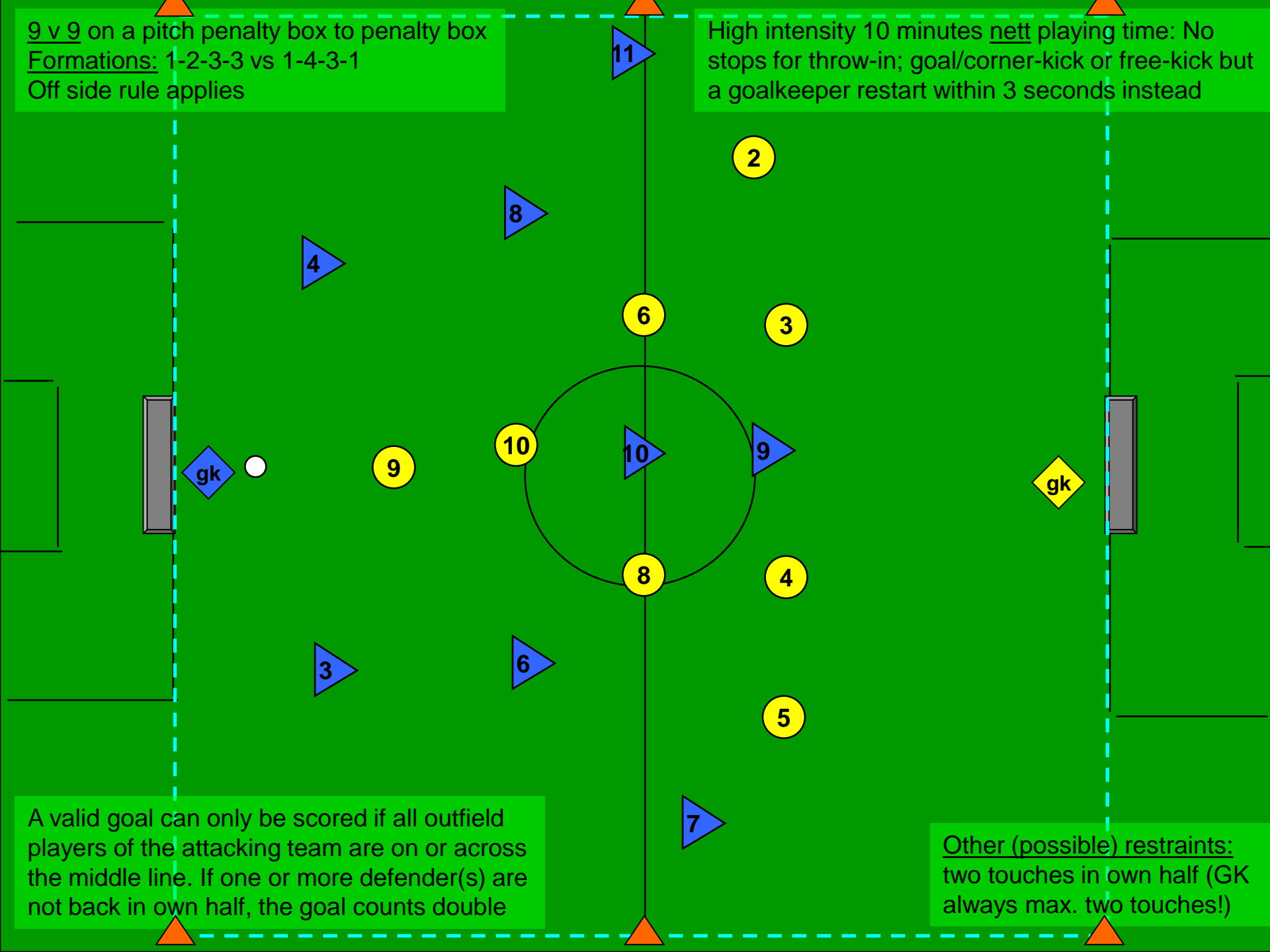
Football conditioning

8, 9, 10 or 11 a side starting level:

- $\frac{3}{4}$ - full pitch (dependant on numbers)
- Play 10 minutes with 2 minutes rest
- 2 repetitions

9 v 9 on a pitch penalty box to penalty box
Formations: 1-2-3-3 vs 1-4-3-1
Off side rule applies

High intensity 10 minutes nett playing time: No stops for throw-in; goal/corner-kick or free-kick but a goalkeeper restart within 3 seconds instead



A valid goal can only be scored if all outfield players of the attacking team are on or across the middle line. If one or more defender(s) are not back in own half, the goal counts double

Other (possible) restraints:
two touches in own half (GK always max. two touches!)