

WEDNESDAY TRAINING DAY PRACTICES: **SPEED ENDURANCE**

3 DAYS UNTIL MATCH (MD +4/-3)

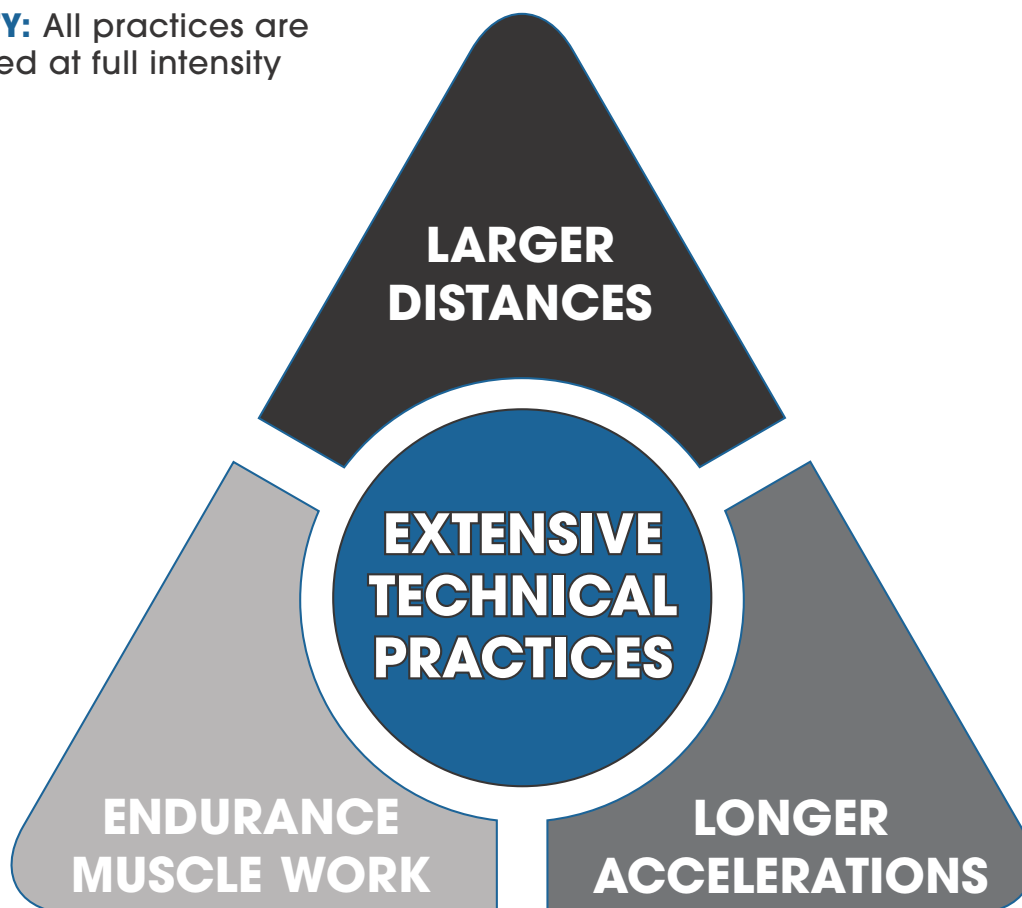
WEDNESDAY TRAINING SESSION (85-95 min)

Collective Team Principle Training and Speed Endurance Development:

1. Speed Endurance Warm-up (10-12 min)
2. Extensive Technical Practice (12-15 min)
3. Speed Endurance Conditioning Practice (5-15 min)
4. Large Sided Possession (10-15 min)
5. Large Sided Game in Large Area (10-50 min)

WEDNESDAY - 3 DAYS UNTIL MATCH (MD +4/-3): Extensive Technical Practices

INTENSITY: All practices are performed at full intensity



What are Extensive Technical Practices?

- Larger surface areas with longer passing ranges included within them (20+ metres).
- Larger surface areas to engage the key muscle groups required for the training session to follow.
- Longer acceleration and decelerations in larger spaces and training areas.
- They should be focused on keeping with the flow of the training day and working muscle groups on this particular day.

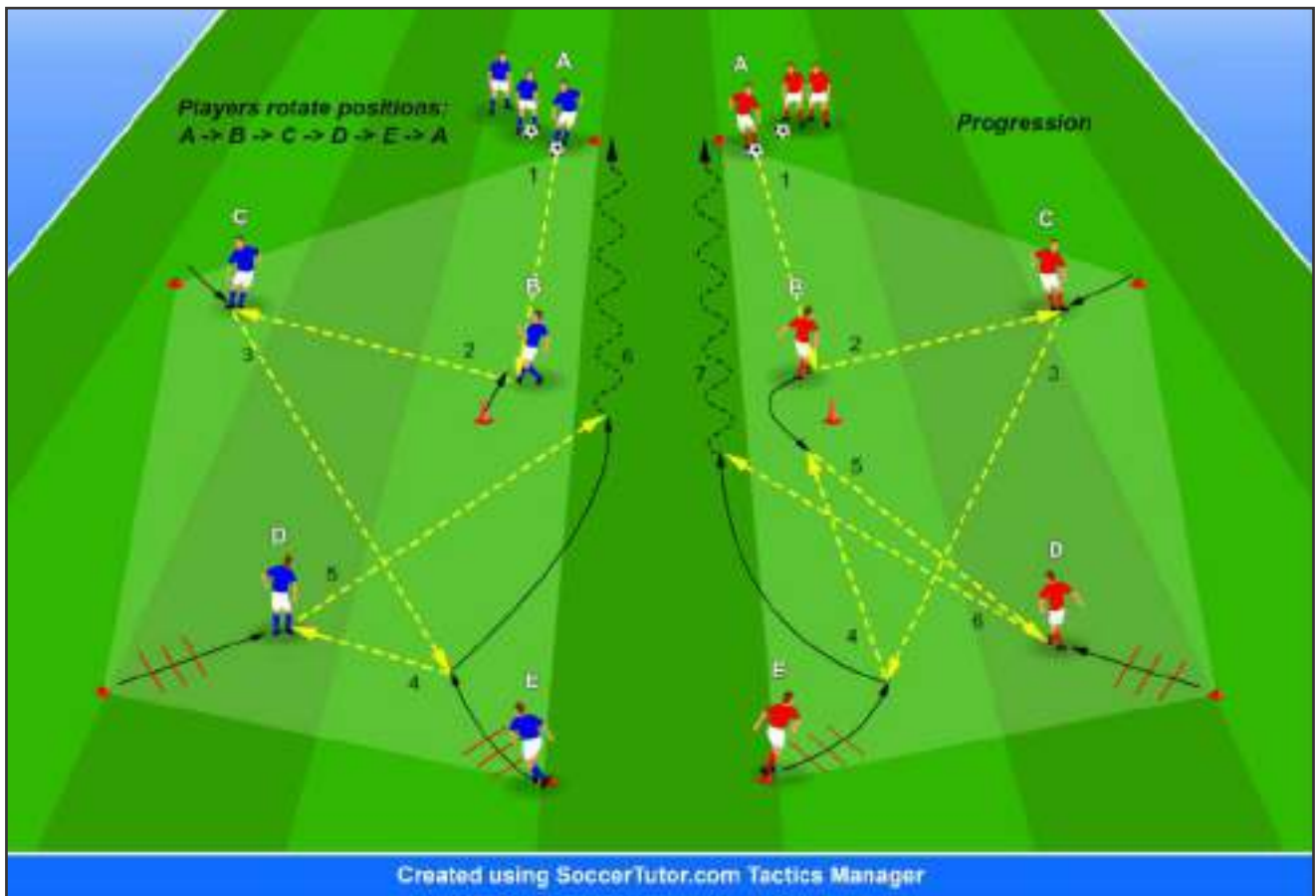
Why are they used on this day of the training week (MD +4/-3)?

- To prepare the players for the larger surface area type work developed through the course of the session.

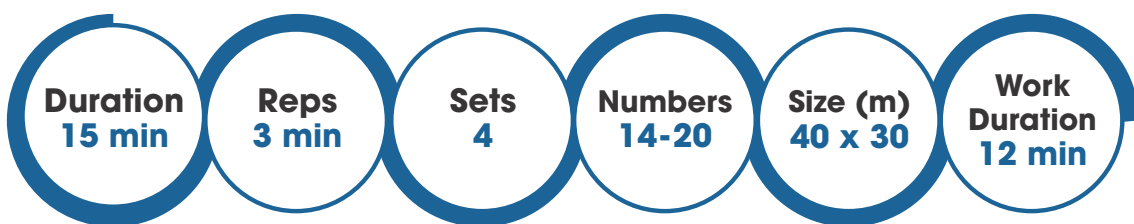
How does this help to maximise performance?

- As a way of preparing the players muscles used for covering larger distances, longer acceleration and deceleration efforts.
- Generally readying the body for the session ahead in the larger spaces (large sided games).

Extensive Technical 4: Fast Combination Play in a Pass & Move Drill with Final "Give & Go"



PRACTICE INFORMATION

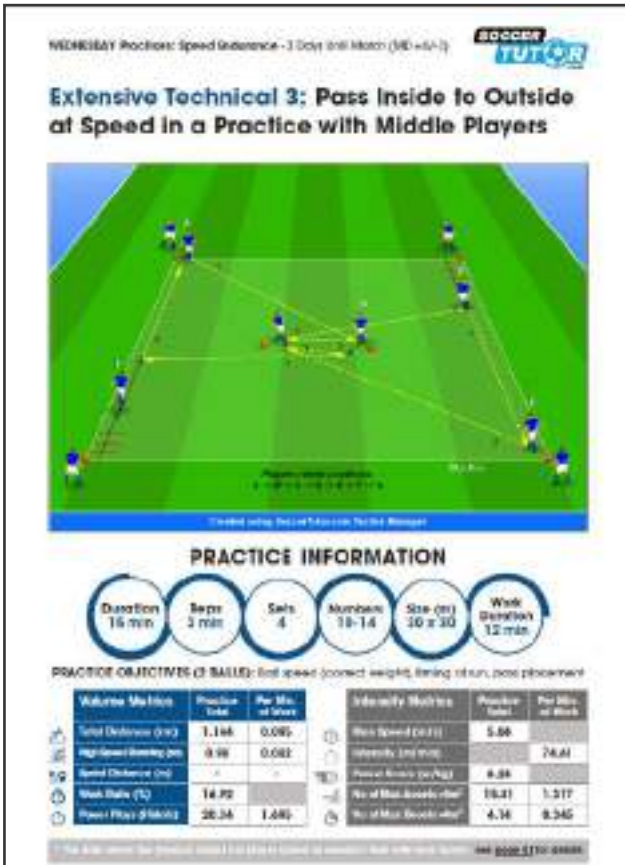


PRACTICE OBJECTIVES (2 BALLS): Ball speed (correct weight), timing of run, pass placement

	Volume Metrics	Practice Total	Per Min. of Work		Intensity Metrics	Practice Total	Per Min. of Work
	Total Distance (km)	1.41	0.12		Max Speed (m/s)	6.66	
	High Speed Running (m)	57.82	4.82		Intensity (m/min)		94.39
	Sprint Distance (m)	4.08	0.34		Power Score (w/kg)	7.98	
	Work Ratio (%)	43.55			No. of Max Accels >4m ²	20.96	1.75
	Power Plays (HiActs)	12.44	1.04		No. of Max Decels >4m ²	6.84	0.57

* The data shows the physical output per player based on research from elite level teams - see pages 81-83 for details

The Benefit of the Data for Each Practice (Volume and Intensity Metrics)



Where does the data come from?

The data is collected from the elite professional level using GPS tracking equipment.

How can coaches of all levels learn from this data?

In my role as a **coach educator** for Level 2, UEFA B, UEFA A and UEFA Pro Licence, all of the coaches have been extremely excited to have access to the data included in this book.

The information provides a method for all coaches tasked with the performance development of players. The data provides key information from the professional level (average per player), in order to educate the differences between different types of practices and their specific physical loads for coaching at all levels.

It is extremely important to understand how different practices produce specific outcomes and physical development stresses to the players within those sessions. This is key for **tapering sessions and weekly training plans to reduce the risk of injury and for optimising the specific coaching focus from a physical conditioning perspective.**

Why are the volume and intensity metrics useful information to have for each practice?

The values give the readers an understanding of the demands imposed on players. It is extremely important to understand how different practices produce different physical outcomes and stresses. The data figures show you this e.g. Total Distance Covered (m), Work Ratio (%), Sprint Distance (m), etc.

How can this data help me optimise my training plan to produce maximum (peak) level performances?

Selection of practices in the book will generate a better understanding of the physical demands imposed by individual practices and accumulative total sessions over a period of time.

Understanding the physical demands on specific training practices and sessions is a vitally

important aspect of the modern coaching strategy to maximise all aspects of training.

The main aim of any training load management process is to provide the individuals involved in the football development of players to positively evaluate and interpret the data they have available to them.

The main point is that all coaches need to now be aware of this information and data, so they can produce the best possible results.

If the same mistakes keep occurring without monitoring relationships between training load and the game, then we may just be guessing, potentially regressing the players development, and providing poor quality training to our players...