

<b>No.: 2</b>		<b>Intense speed strength/speed strength endurance training with various running directions (TU 279)</b>		★★★★		<b>90</b>	
<b>Opening part</b>				<b>Main part</b>			
X	Warm-up/Stretching		Offense/Individual		Jumping power		
	Running exercise		Offense/Small groups		Sprint contest		
X	Short game		Offense/Team		Goalkeeper		
	Coordination		Offense/Series of shots				
	Coordination run		Defense/Individual		<b>Final part</b>		
	Strengthening		Defense/Small groups		Closing game		
	Ball familiarization		Defense/Team		Final sprint		
	Goalkeeper warm-up shooting	X	Athletics training				
			Endurance training				

★ : Low level (all youth and adult teams)	★★ : Medium level (youth teams under 15 years of age and adult teams)	★★★ : High level (youth teams under 17 years of age and adult teams)	★★★★ : Top level (competitive area)
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<p><b>Key:</b></p> <p> Cone</p> <p> Offense player</p> <p> Small vaulting box</p> <p> Coordination ladder</p> <p> Hoop</p> <p> Hurdle</p> <p> Balance bench</p> <p> Carpet tile</p> <p><b>Equipment required:</b></p> <p>→ 1 coordination ladder 6 hoops, 2 hurdles, 2 small vaulting boxes, 4 balance benches, 10 cones, 1 carpet tile and 1 Deuser rubber band per team of two, 1 soccer ball</p>	<p><b>Description:</b></p> <p>This athletics unit focuses on improving speed strength endurance. After warm-up and a short game, five athletics exercises train the various groups of thigh muscles by moving forwards, backwards, and to the side. This training unit is very intense and can thus be incorporated in preparation periods or season breaks.</p> <p>The training unit consists of the following key exercises:</p> <ul style="list-style-type: none"> <li>- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)</li> <li>- Short game (10/20)</li> <li>- Athletics training (15/35)</li> <li>- Athletics training (15/50)</li> <li>- Athletics training (15/65)</li> <li>- Athletics training (15/80)</li> <li>- Athletics training (10/90)</li> </ul> <p><b>Total training time: 90 minutes</b></p>
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Most carpet stores sell carpet tiles. They often have remnants you can cut to length.

No.: 2-3

Athletics training

15

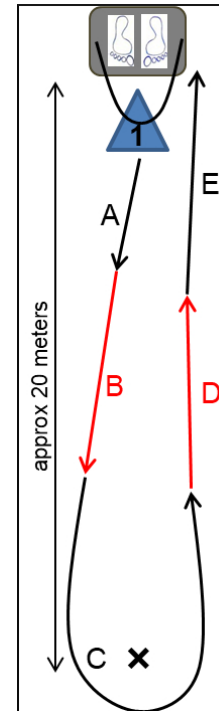
35

**Setting:**

- Define a start line and position a cone at a distance of about 20 meters.
- The players make pairs; each pair has a Deuser rubber band and a carpet tile.
- **1** wraps the Deuser band around his hips. The second player stands behind him on the carpet tile and grabs the band with both hands.

**Course:**

- On command, the players in the front start to pull carefully (A).
- After a few meters, they speed up to a sprint (B) and keep up that speed for about 10 meters.
- Before reaching the cones, the players must slow down considerably and run around the cone (C).
- As soon as the player in the back has been pulled around the cone and is back in line with **1**, the pulling player speeds up to a sprint again (D) and keeps up that speed for about 10 meters.
- The players then slow down and come to a halt after the finish line (E).
- Afterwards, the players switch tasks and repeat the course.
- Once both players have done the running part, they do 10 slow and 10 fast jumping jacks on the spot to loosen their muscles.



**Overall course:**

- Each player alternately does the course (pulling, being pulled, jumping jacks) four times.
- Afterwards, the players stand on the goal line and run towards the other side of the court speeding up. They have to reach their maximum speed at the center line.
- They then run back to the start line while speeding up.

**Course after the exercise:**

- The players run from goal line to goal line at a relaxed pace for about 4-5 minutes.

**!** In the beginning and after the turns, the players must pull and speed up slowly so that the player being pulled can stay on the carpet tile.

**!** The player in the back may squat or slightly bend his knees (figure 1).

**!** The player in the back must strongly flex his muscles so that he does not fall off the carpet tile when being pulled by **1**.



(Figure 1)

<b>No.:</b> 2-4	<b>Athletics training</b>	<b>15</b>	<b>50</b>
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**Setting:**

- Define a start line and position a cone at a distance of about 20 meters.
- The players make pairs; each pair has a Deuser rubber band and a carpet tile.
- Both players stand face-to-face. **1** wraps the Deuser band around his hips. The second player stands on the carpet tile and grabs the band with both hands.

**Course:**

- On command, the players in the front start to pull carefully while moving backwards (A).
- After a few meters, they speed up to a sprint (B) and keep up that speed for about 10 meters.
- Before reaching the cones, the players must slow down considerably and run around the cone (C).
- As soon as the player in the back has been pulled around the cone and is back in line with **1**, the pulling player speeds up to a sprint again (D) and keeps up that speed for about 10 meters.
- The players then slow down and come to a halt after the finish line (E).
- Afterwards, the players switch tasks and repeat the course.
- Once both players have done the running part, they do 10 slow and 10 fast jumping jacks on the spot to loosen their muscles.

