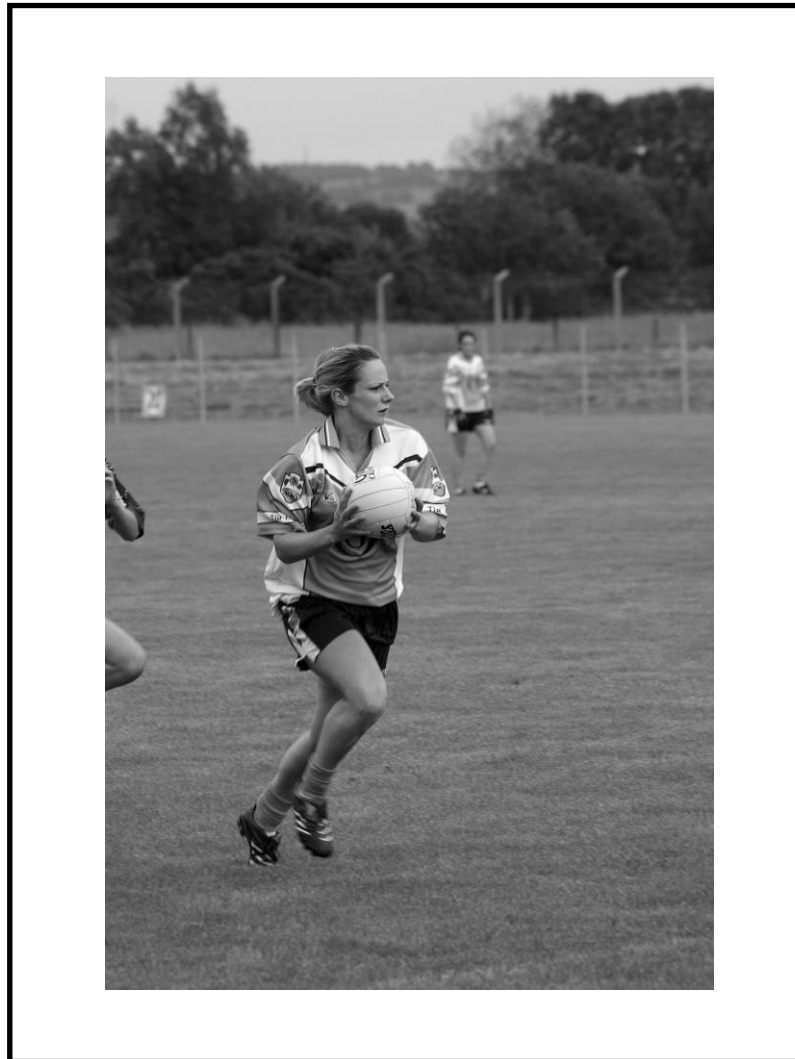


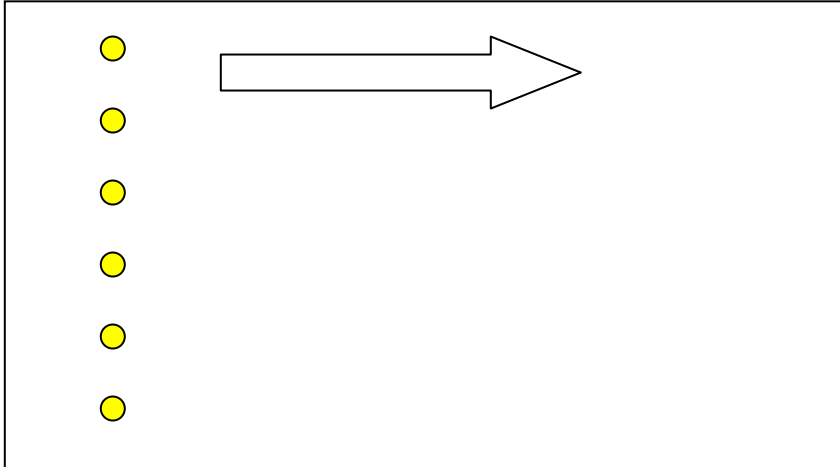
# Fitness With A Ball



## Fitness With The Football

**NB. All drills to be done at full pace.**

### 1. Warm Up.



Players line up facing the same direction.

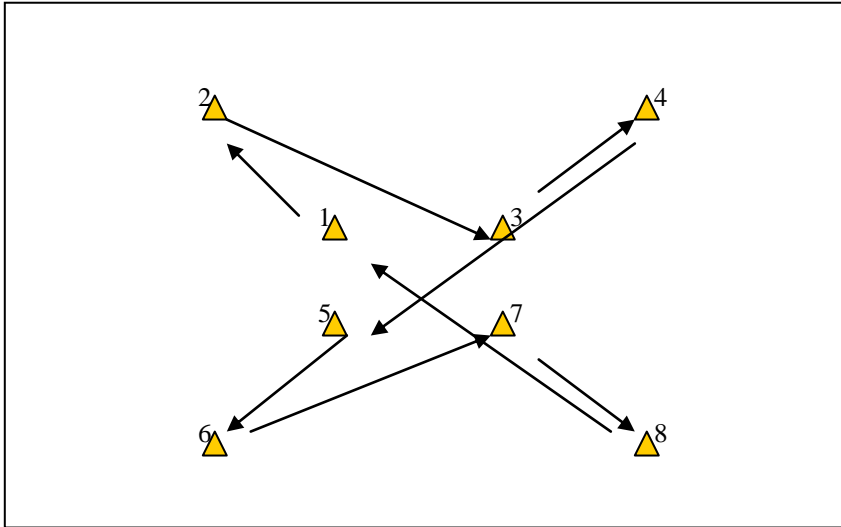
Players start to run forwards, listening for commands from the coach.

“Forwards” – Run Forwards

“Backwards” – Run Backwards

“Change” – Turn 180 degrees and continue in same motion.

2.



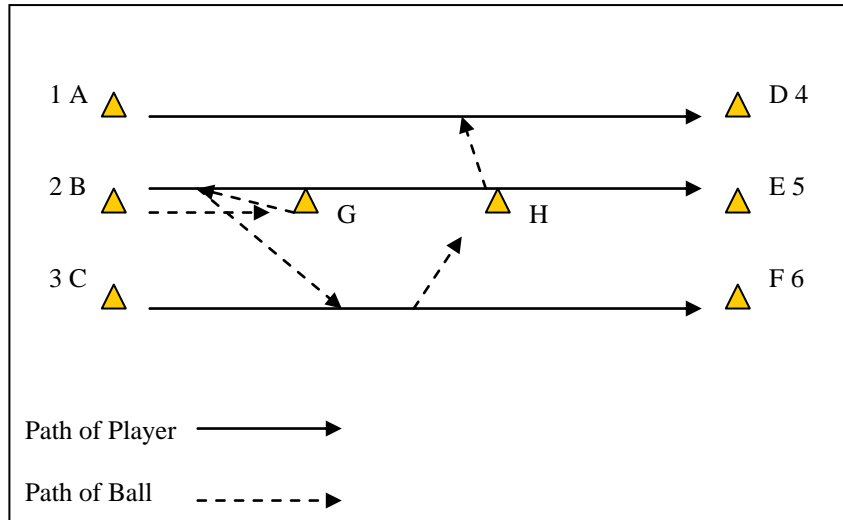
Divide the players up into even groups at each cone.

The ball starts at cone 1 and the player will make a first pass to the player at cone 2 who passes to the player at cone 3 and so on.

The player should move on to the cone where they gave the pass to. (Follow the pass)

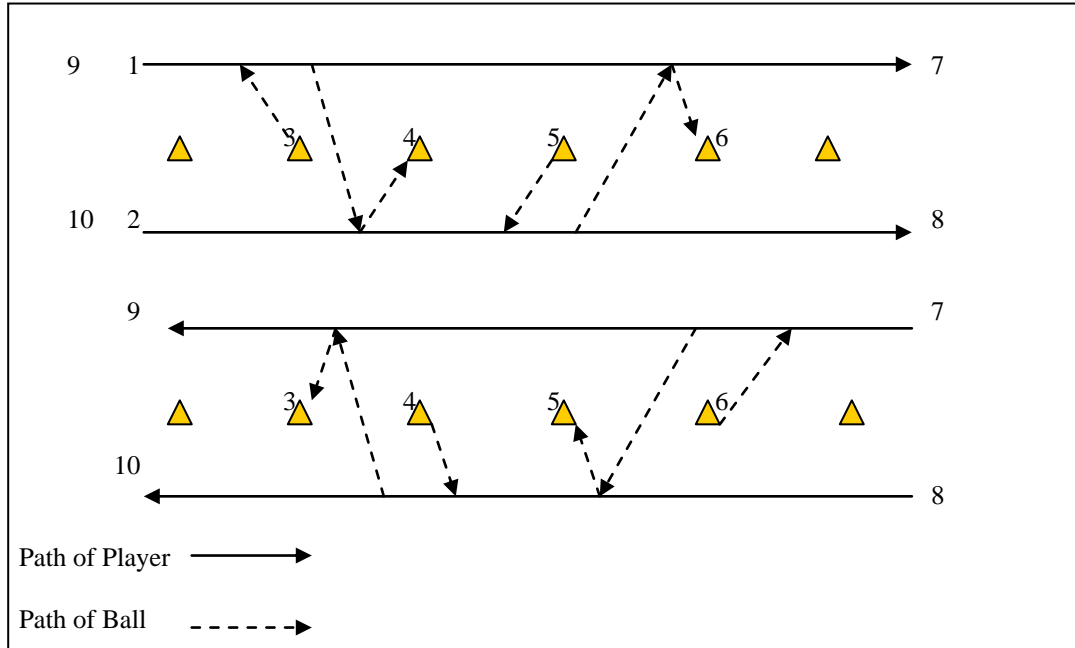
Variation - Two balls could be introduced at cone 1 and 5 simultaneously.

3.



Divide the players up into groups of 3 behind markers A-C and D-F.  
Players 1, 2 & 3 all start running forward together, player 2 passes to man at marker G, who gives the ball straight back.  
Before player 2 gets to marker G, he passes to player 3 on his right hand side.  
Player 3 then passes to man at marker H, who then passes to player 1.  
Player 1 then passes to player 5.  
Players 4, 5 & 6 all start running forward together, player 5 passes to man at marker H, who gives the ball straight back.  
Before player 5 gets to marker H, he passes to player 6 on his left hand side.  
Player 6 then passes to man at marker G, who then passes to player 4.  
Player 4 then passes to the next man at marker B and the drill continues.

4.



Set up markers as above.

Ball starts with player at markers 3 and 5.

Players at markers 1 and 2 start running forward.

Player 3 gives the ball to player 1,

Once player 1 runs past marker 3 pass is made to player 2.

Player 2 passes to player 4 who holds the ball.

Player 5 passes to player 2, once player 2 runs past marker 5 pass is made to player 1.

Player 1 passes to player 6 who holds the ball.

Players at markers 7 and 8 now start running forward.

Player 6 gives the ball to player 7,

Once player 7 runs past marker 6 pass is made to player 8.

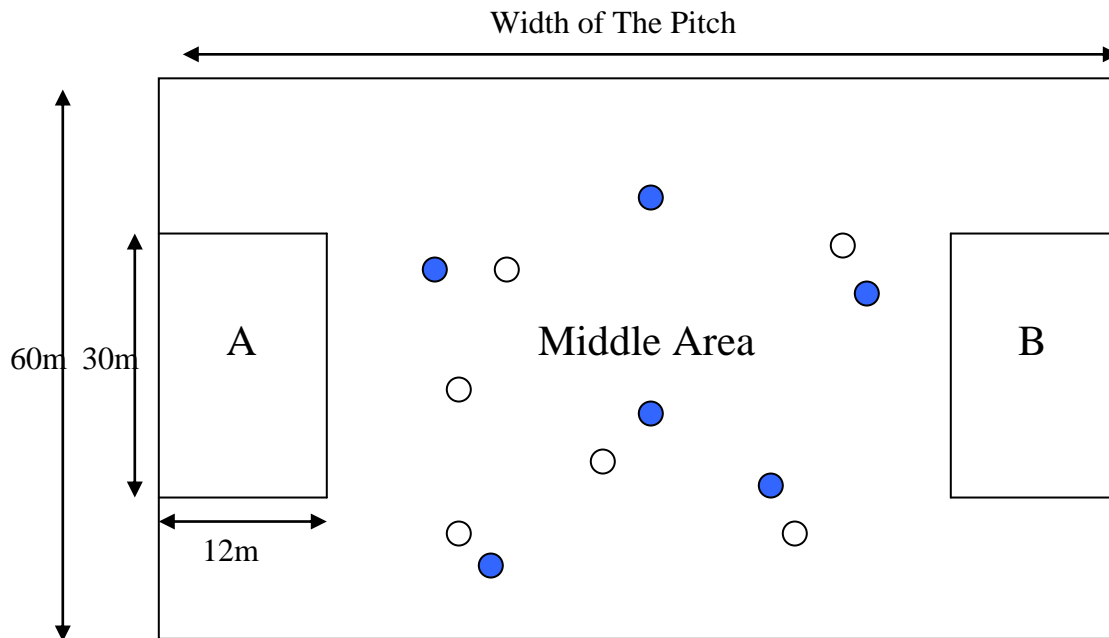
Player 8 passes to player 5 who keeps the ball.

Player 4 passes to player 8, once player 8 runs past player 4 pass is made to player 7.

Player 7 passes to player 3 who holds the ball.

The drill continues.

5.



Split the players into two even groups.

All players start in the middle area.

One team scores when a hand pass is made from a player in the middle area to a team-mate inside either A or B.

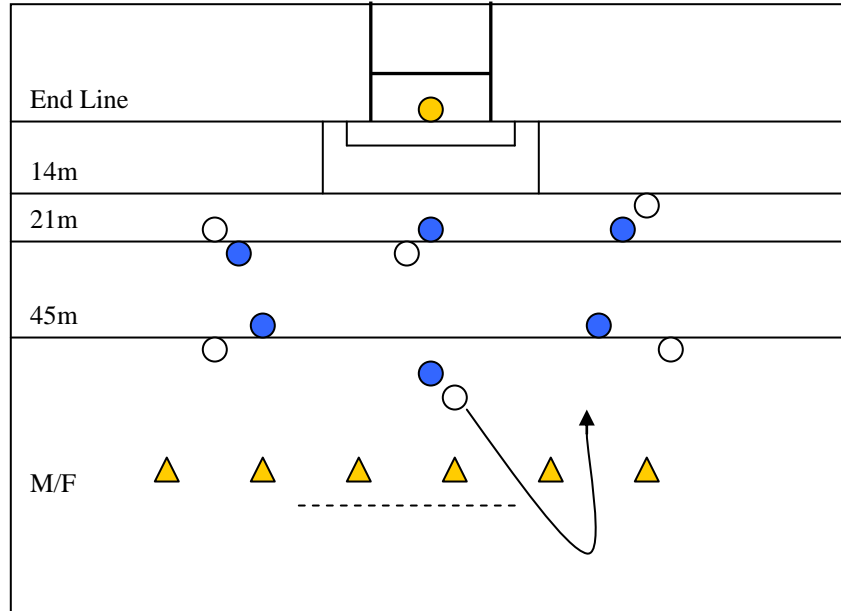
Once a score is made, the same team keeps possession and tries to attack to make a score in the opposite square.

If the ball is intercepted, possession is turned over.

Only hand pass allowed.

Variation – no solo allowed.

6.



Split the players into two even teams

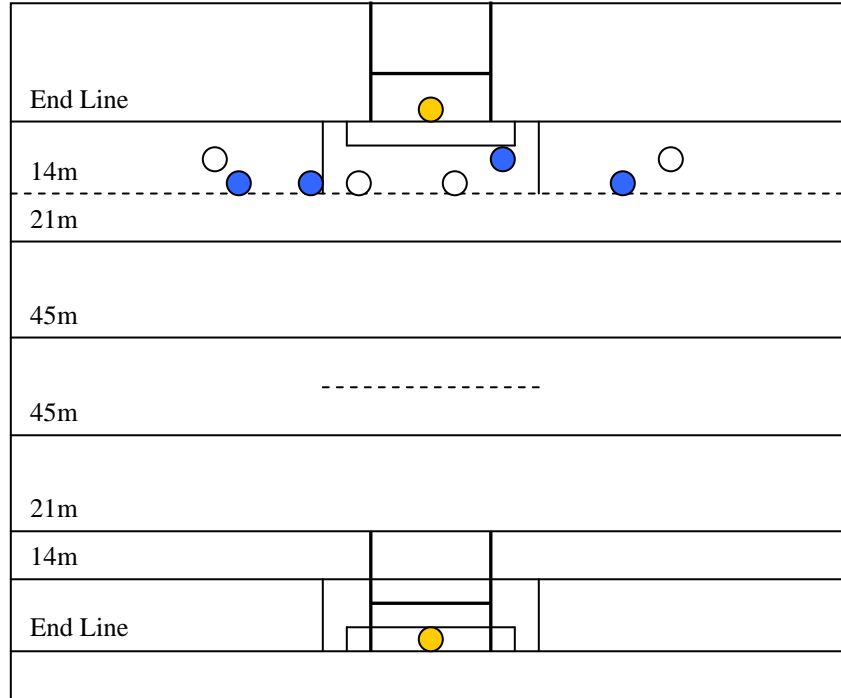
Game starts with a kick out from the goalkeeper from the small square.

The team who wins possession must take the ball out past the half way line before they can attack the goal.

If pass is intercepted or possession is lost, the other team become the attackers and again must take the ball out past the half way line before they can attack the goals.

Full game rules apply.

## 7. Full Pitch



Divide players into groups of four.

Ball is thrown in at 14m line.

Team who wins possession has to attack goal at far end of pitch.

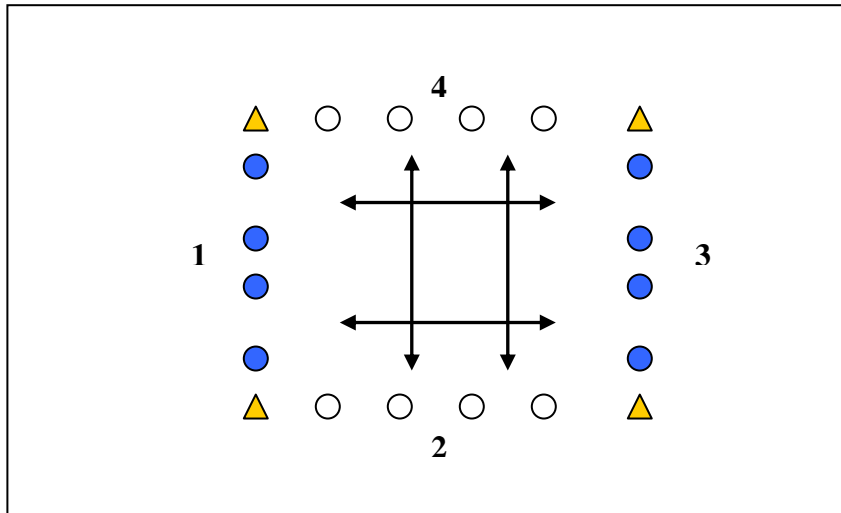
If the ball is intercepted, the other team still attacks the same goals.

When the ball goes dead, the two teams move off and two more move on.

The drill continues.



8.



Divide players into four even groups spread along the edges of square.

Each player at groups 1 and 2 have a ball.

Each group has a call to go on.

When their number is called the group take off at full speed, at half way they hand-pass to a player opposite, follow on to the line then sprint back to where they started.

If the group does not have a ball when their number is called, they take off at full speed, receive a hand-pass at half way, follow on to the line and sprint back to where they started.

Variation – Forwards out, Backwards in.