

## Periodisation For Games:

### All training programmes should incorporate the FITT principal...

**Time** – total time of workloads – should gradually increase as you get fitter

**Intensity** - this work is to be trained at – from low, medium to high – i.e. about 70% if you are not very fit – 80% if you are, to 90% in all efforts as you get fitter

**Frequency** i.e. the number of sessions per week – from 1 to 2 to 3 to 4 etc.

**Type** – Use ball/games or against a team-mate related tasks as much as possible rather than non-games tasks i.e. lapping pitches, running up mountains etc.

**Rest** – Between sessions, sets, repetitions, games, training etc. in order for body to adapt for next session otherwise you will get injured or burn out will occur.

**Volume** - of work to be completed – this is the total distance travelled in your session – should gradually increase as you get fitter to about 11k

**Total distance covered** – 10/11km – 617m at high intensity = 31 efforts – average distance = 20m. Most of these are in the 0-5/10m range, so include lots of acceleration sprints from both stationary and movement positions.

This can range from 800m + to 1,800m. So build this into your training and build gradually.

The 10% rule which advocates progression with regards to increases in volume, intensity etc. every week, could be used for the first month and then the intensity could be increased each month thereafter, depending on fitness levels and adaptation to the training.

These efforts are at 80/90% effort so we should factor this intensity into our training.

All sprints must be executed at 100% for players to become explosive. Recovery must reflect this for each sprint to be executed @ 100% otherwise you defeat the whole purpose of what you are trying to develop.

### There are 4 main training methods which will be described here.

#### 1. Better Actions – Maximum Explosive Action

##### 2. Intensive Endurance Training

**Training:** Football sprints with maximum rest – pure speed training

Acceleration & Deceleration Runs

Explosive Preparation Exercises – Preseason

6x60m @ 60% then - Football Sprints with Minimum Rest – Repeated Short Sprinting – 2 x 6 x 15m x 10 secs. Rest then...

Football Sprints with Maximum Rest – Start & Acceleration Sprints

6/4/2 x 5/15/25m/Rest 30/45/60/secs. Rests after each rep.

1 v1/2 v 2 – football drills

#### 3. Maintain Good Actions – Maintain Maximum Explosive Actions

Intensive Endurance Training

Maintain Quick Recovery between Actions

Football sprints with minimum rest

7 v 7/5 v 5 Games

4. **More Actions -Maintain Good Actions** – Quicker Recovery Between Actions

Extensive Endurance Training

Use - 4 v 4/3 v3 Games

5. **Maintain Many Actions** – Maintain Quick Recovery Between Actions

Extensive Endurance Training

15 v 15/8 v 8 Games

Everything we do in training should address these 4 football characteristics and all is explained below how you might plan your season.

**Preseason:**

In preseason players should gradually build up their speed endurance before attempting maximum sprints in order to prevent injury and prepare the body for the more intense sprinting.

To be able to repeat lots of sprints during a game players will need a different type of training to maximum sprint training where the aim is to maintain good actions throughout the game.

To achieve this you need to be able to maintain maximum explosive actions for the entire game.

The football conditioning exercise you need for this is executing football sprints with minimum rest this time as opposed to the sprints with maximum rest between reps. which relies on a different energy system.

The training method you will need for this is to be able to repeat many sprints over & over again with explosive actions but with little rest between them so you should be continually struggling for breath in order to train the body to cope with this situation in the game environment.

This type of training is more demanding than training maximum sprints with maximum rests between reps. as you have to deal with lactic acid after 4 or 5 reps with little rest for recovery.

As this method of training is quite severe on hamstrings etc. it is advisable to use the following programme initially before embarking on the more severe programme of sprinting.

**Training For Explosive Preparation Exercises - Preseason**

**Preparing players for accelerations & deaccelerates & lactic acid for explosive preparation exercises before football sprint exercises in the early weeks of pre-season.**

**Training Method: Acceleration Runs with Decelerations**

To prevent hamstring injuries early season the coach should use acceleration runs where players start the first part of the run gradually at the prescribed running speed indicated in the chart but increase speed in the last part of the runs. So in training session 5/6 the players would run the first 30m gradually increasing speed to finish the last 5/10m @ 80%. The coach should stand about 40m out in the 60m run to encourage players to work hard over the last 10m and then attempt to stop within the prescribed stopping distance as shown for the different sprints. This stopping is important

as players have to repeat decelerations in the game and is rarely ever coached yet is more taxing on the legs than speeding up!

Notice how the intensity of the sprints increase and the stopping distance decreases. This allows hamstrings to get used to more intense sprints with a shorter distance to stop. This will prepare his players correctly for the football sprints with minimum, rest as shown. This is one of the few exercises which should be completed without the ball as it is mainly an injury correction exercise and to prepare players for more intense sprinting with the ball. It is also a good preparation for the body to deal with accumulations of lactic acid which if not developed can cause injuries.

It should be noted that players should do no sprinting in their initial sessions as they will obviously do in games but only after the initial preparatory work above is completed.

<b>Training 1/2</b>	6x60m	60%	60 sec. Rest	6m stop
<b>Training 3/4</b>	7x50m	70%	50 sec. Rest	5m stop
<b>Training 5/6</b>	8x40m	80%	40 sec. Rest	4m stop
<b>Training 7/8</b>	9x30m	90%	30 sec. Rest	3m stop
<b>Training 9/10</b>	10x20m	100%	20 sec. Rest	2m stop
<b>Football Sprints + Min. Rest</b>	2x6x15m	100%	10sec. Rest	

This should be completed in the first two or three weeks of preseason during the explosive preparation exercises in order to get players ready for the more intensive football sprints in week three or four i.e. Step 1: 2 sets of football sprints of 15m with 10 secs. rest as shown.

#### **Developing Explosive Preparation Exercises:**

##### **Training Method:**

Build-up from 2-4 reps to 6-10 reps x 15 m sprints with a 10 secs rest between reps & 4 mins between sets. Try and use football sprints i.e. with a ball or competing for a ball E.g. Pairs sprinting 15m from the end line to competing for a ball played between them and then attempting a score etc.

##### **Step1:**

2x6 football sprints x 15m /10sec. rest with 4 mins rest between sets. Total Reps. = 12

##### **Step 2:**

2x7 football sprints x 15m /10sec. rest with 4 mins rest between sets

Keep increasing the reps to 10 max over the coming sessions. To overload more move on to increasing sets as 10 should always be the maximum number of reps you do. So step 5 would be...

2x10x15m/10sec rest – Total Reps = 20 whereas ...

<b>Training Method for overloading the steps to Repeated Short Sprinting by increasing Reps.</b>	
<b>Step1</b>	2x6 football sprints x 15m /10sec. rest with 4 mins rest between sets.
<b>Step 2</b>	2x7 football sprints x 15m /10sec. rest with 4 mins rest between sets

<b>Step 3</b>	2x8 football sprints x 15m /10sec. rest with 4 mins rest between sets
<b>Step 4</b>	2x9 football sprints x 15m /10sec. rest with 4 mins rest between sets
<b>Step 5</b>	2x10 football sprints x 15m /10sec. rest with 4 mins rest between sets
	The overload steps now move to increasing the sets i.e. 3 sets instead of 2 sets as we have reached 10 reps which is maximum.
<b>Step 6</b>	3x7 football sprints x 15m /10sec. rest with 4 mins rest between sets
<b>Step 7</b>	3x8 football sprints x 15m /10sec. rest with 4 mins rest between sets
<b>Step 8</b>	3x9 football sprints x 15m /10sec. rest with 4 mins rest between sets
<b>Step 9</b>	3x10 football sprints x 15m /10sec. rest with 4 mins rest between sets
<b>Step 10</b>	4x8 football sprints x 15m /10sec. rest with 4 mins rest between sets
<b>Step 11</b>	4x9 football sprints x 15m /10sec. rest with 4 mins rest between sets
<b>Step 12</b>	4x10 football sprints x 15m /10sec. rest with 4 mins rest between sets

**Step 6:**

3x7x15m/10sec. rest – Total Reps = 21 i.e. 1 more than step 5 above.

**This is where you will gain the most benefit in developing long term fitness.**

Continue increasing the reps until step 12 which should look like...

**Step 12:**

4x10 Football Sprints x 15 m/10 secs. rest with 4 mins rest between sets where you can work on kicking technique. Total reps = 40 compared to step 1 = 12 reps!

NB You will rarely achieve step 12 as you need to be exceptionally fit but you will increase your fitness if you go through these steps gradually and only if you feel right.

When you feel you have reached an adequate level of fitness to take you through the toughest game don't try and do more but maintain this level as doing so could compromise all your hard work.

**Sprint Development for Start & Acceleration Sprints:**

Use 1 v 1 tasks where we can control the intensity & rest. Football Sprints- jumps, turns, accelerations & decelerations etc. with Max. Rest between reps & sets

**So what's the best way of incorporating the ball into game sprints?**

- ✓ One example would be to line pairs up on the end line and play a ball in for them to compete & score.
- ✓ The distances can be changed from as little as 5m sprints to 30m sprints.
- ✓ The key here is because we want every sprint to be completed at 100% is to allow lots of rest between each sprint i.e. rep. & set i.e. series of reps.
- ✓ E.g. 5m = 30 secs rest, 15m = 45 sec rest & 30m = 1 min rest.
- ✓ After 4/5 reps allow 4 mins before you repeat the next set of reps.

**A sprint programme might look like the following...**

The key here is that your 100% fit for each and every effort i.e. well rested after each effort so that you can carry out the next sprint at 100%

Set 1: 6/10 sprints (preferably against someone in competition for a ball played by a team-mate) x 5m x 30 Sec Rest between each Reps. x 4 min. Rest between each Set

So only 6 sprints in week 1 then build to 10 sprints over the next nos. of weeks. Do likewise with rest below.

Work on your kicking/scoring technique during your 4 min. rest period

(Only a little fuel is used for 5m & the 30 Sec Rest allows 100% Max. Efforts) & the short distances prevent hamstring injuries.

Set 2: Build to - 4/8 Sprints x 15m x 45 Secs between each sprint x 4 mins between sets

Set 3: 2/6 Sprints x 25m x 60 Secs Rest between each sprint & 4 mins between each set.

As the season progress more volume can be included as the body adapts each week to the new load.

The best time to do this in the training session is just after the warm up when players are fresh and not at the end of the session when players are fatigued.

### **Step 1 Build-up – More Repetitions**

The build-up would initially increase the reps from...

6x5m football sprints/30secsR in 1st set to 4x15m/45 Sec Rest in 2<sup>nd</sup> set to finally 2x25m/60 sec Rest in 3<sup>rd</sup> & final set (Total volume = 140m) with 4 mins between each set where you would work on scoring technique etc. Repeat for a few sessions to see how you feel. If feeling good increase to...

### **Step 2:**

Set 1: 7x5m/30 sec Rest to 4x15m/45sec R in set 2 to ...2x25m/60sec r in set 3 again if feeling good after a few sessions of these move onto...

Step 3:

Set 1: 7x5m/30 sec Rest Set. 2: 5x15m/45 sec. rest Set 3: 2x25m/60 sec Rest by 4 mins rest between sets.

### **Step 4:**

Set 1: 7x5m/30 sec Rest Set. 2: 5x15m/45 sec. rest Set 3: 3x25m/60 sec Rest by 4 mins rest between

### **Step 5:**

Set 1: 8x5m/30 sec Rest Set. 2: 5x15m/45 sec. rest Set 3: 3x25m/60 sec Rest by 4 mins rest between

Continue this process of gradual increase in volume but maintain 100% in all sprints & preferably with the ball and against a team mate as far as possible as shown in chart.

**Step 13:** Which could look like...

Set 1: 10x5m/30 sec Rest Set. 2: 8x15m/45 sec. rest Set 3: 6x25m/60 sec Rest by 4 mins rest between. Total volume = 320m compared to 140m in the first session.

<b>The Overload Steps Within The Training Method Start &amp; Accelerations</b>				
<b>Step 1</b>	6x5m/30sec. R	4x15m/45sec. R	2x25m/60sec. R	4 min Rest/Sets
<b>Step 2</b>	7x5m/30sec. R	4x15m/45sec. R	2x25m/60sec. R	4 min Rest/Sets
<b>Step 3</b>	7x5m/30sec. R	5x15m/45sec. R	2x25m/60sec. R	4 min Rest/Sets
<b>Step 4</b>	7x5m/30sec. R	5x15m/45sec. R	3x25m/60sec. R	4 min Rest/Sets
<b>Step 5</b>	8x5m/30sec. R	5x15m/45sec. R	3x25m/60sec. R	4 min Rest/Sets
<b>Step 6</b>	8x5m/30sec. R	6x15m/45sec. R	3x25m/60sec. R	4 min Rest/Sets
<b>Step 7</b>	8x5m/30sec. R	6x15m/45sec. R	4x25m/60sec. R	4 min Rest/Sets
<b>Step 8</b>	9x5m/30sec. R	6x15m/45sec. R	4x25m/60sec. R	4 min Rest/Sets
<b>Step 9</b>	9x5m/30sec. R	7x15m/45sec. R	4x25m/60sec. R	4 min Rest/Sets
<b>Step 10</b>	9x5m/30sec. R	7x15m/45sec. R	5x25m/60sec. R	4 min Rest/Sets
<b>Step 11</b>	10x5m/30sec. R	7x15m/45sec. R	5x25m/60sec. R	4 min Rest/Sets
<b>Step 12</b>	10x5m/30sec. R	8x15m/45sec. R	5x25m/60sec. R	4 min Rest/Sets
<b>Step 13</b>	10x5m/30sec. R	8x15m/45sec. R	6x25m/60sec. R	4 min Rest/Sets

### **Speed Endurance:**

#### **Training For More Actions Per Minute:**

More actions per minute will also mean less recovery for players during the game. Therefore the football fitness characteristic Quicker Recovery between Actions supports the football performance characteristic More Actions per minute.

#### **Training Method: Extensive Interval Training – Shorter Game**

The best way of training this is by playing sets of small-sided games of 3 v 3 or 4 v 4 with goalkeepers. During these games players will make many more actions per minute compared to a 15 v 15 game. They will also have to recover quicker between actions. Because they are so taxing on the energy systems you should not play them for longer than 3 mins. and allow 3 to 1 min. for them to catch their breath between games and again allow 4 mins. between the sets of games as shown.

To overload the players we decrease the rest time between games from 3 mins. to only 1 min. to help encourage quicker recovery between actions.

<b>Extensive Interval Training – Shorter Games - Reducing the rest between games</b>	
<b>Step 1</b>	2 x 6 games 4v4/3v3: 1 min Work/ 3 min. Rest/4 min. Rest between Sets.
<b>Step 2</b>	2 x 6 games 4v4/3v3: 1 min Work/ 2.5 min. Rest/4 min. Rest between Sets.
<b>Step 3</b>	2 x 6 games 4v4/3v3: 1 min Work/ 2 min. Rest/4 min. Rest between Sets.
<b>Step 4</b>	2 x 6 games 4v4/3v3: 1 min Work/ 1.5 min. Rest/4 min. Rest between Sets.
<b>Step 5</b>	2 x 6 games 4v4/3v3: 1 min Work/ 1 min. Rest/4 min. Rest between Sets.

#### **Training Method: Extensive Interval Training – Longer Games**

To overload the players even more in preparation for the 'Big' game, we increase the length of the games from 1 min. to 1.5 min. right up to 3 mins in Step 9. We also reduce the rest between the sets of games to 1 min.

<b>Extensive Interval Training – Longer Games - Reducing the rest between games</b>	
<b>Step 6</b>	2 x 6 games 4v4/3v3: 1.5 min Work/ 1.5 min. Rest/1 min. Rest between Sets.
<b>Step 7</b>	2 x 6 games 4v4/3v3: 2 min Work/ 2.5 min. Rest/1 min. Rest between Sets.
<b>Step 8</b>	2 x 6 games 4v4/3v3: 2.5 min Work/ 2 min. Rest/1 min. Rest between Sets.
<b>Step 9</b>	2 x 6 games 4v4/3v3: 3 min Work/ 1.5 min. Rest/1 min. Rest between Sets.

#### **Training Method: Extensive Interval Training – More Games**

<b>Extensive Interval Training – More Games - Reducing the rest between games</b>	
<b>Step 10</b>	2 x 7 games 4v4/3v3: 3 min Work/ 1 min. Rest/4 min. Rest between Sets.
<b>Step 11</b>	2 x 6 games 4v4/3v3: 3 min Work/ 1 min. Rest/4 min. Rest between Sets.
<b>Step 12</b>	2 x 6 games 4v4/3v3: 3 min Work/ 1 min. Rest/4 min. Rest between Sets.
<b>Step 13</b>	2 x 10 games 4v4/3v3: 3 min Work/ 1 min. Rest/4 min. Rest between Sets.

After step 9 in order to overload players i.e. only the very fit players, we change the number of games from 6 to 7 etc. We keep them 3 mins. but only 1 min. rest between games and still 4 mins. between the sets of games. The coach will know by observing his players carefully during these games to see if they can handle more or less. You may have to use different steps for different fitness levels as rarely will 30 players all be at the same training level. The best time to do this is during the 4 min. rest periods between sets to evaluate the work-rest-ratio between games in the first set to see if he has to make any adjustments i.e. make it more or less demanding by moving up or down a step. He can increase the time of games or reduce the rest period between games to make it more demanding or do vice versa to make it less demanding. This is where the good coach is able to use individual periodisation within his overall periodisation programme.

#### **Pitch Sizes:**

The pitch size can determine the intensity of games played and untimely the training effect being coached. If we take a pitch to be 150m x 80m then each of the 14 outfield players would have 10m x 6m = 60m each. So for each game the number of outfield players can be determined from this i.e. 4 v 4 with 3 outfield players would equal a pitch size of 30m x 20m where as a 7 v 7 game would be 70m x 45m across the pitch using the 45m line and side lines. The coach can change the length or width to suit the training of different football characteristics involving game plans, set plays intensities etc.

#### **Intensive Interval training – 1 v 1 & 2 v 2**

Using games of 1 v 1 or 2 v 2 the coach can overload games, although not part of a structured part of football periodisation, due to the high demands of lactic acid. He can still use it as a means of underload by carefully managing the work-to rest-ratio as shown...

#### **Training Method for intensive interval training:**

2 x 4-6 games x 15-60 secs./60-15 secs. Rest between games/4 min. Rest between sets.

#### **Extensive Endurance Training: 15 v 15 – 8 v 8**

### Training Many Actions Per Minute – Maintain Quick Recovery Between Actions

This is the last of the fourth characteristic of coaching performance. The football fitness characteristic associated with it is Maintaining Quick Recovery between actions. The football conditioning exercise are games of 15 v 15 to 9 v 9 as shown in table...

<b><i>The football performance characteristic Maintain Many Actions Per Minute</i></b> <b><i>The football fitness characteristic Maintain Quick Recovery between actions.</i></b> <b><i>The football conditioning exercise are games of 15 v 15 to 9 v 9</i></b> <b><i>Training Method – Extensive Endurance Training</i></b>	
<b>Football Performance</b>	Training Many Actions Per Minute
<b>Football Fitness</b>	Maintain Quick Recovery between actions.
<b>Football Exercise</b>	Conditioning Games 15 v 15 – 8 v 8
<b>Training Method</b>	2-6 games x 10-15 mins./2 mins. rest between games

Playing larger games for 10 mins. in blocks of 9 v 9 help to develop these characteristics as they imitate the actual game of 15 v 15 especially during the second half of the game. The training method is called Extensive Endurance Training and consists of 2 to 6 games of 10-15 mins. with 2 mins. of rest in between. The method is shown in the table...

#### Developing Extensive Endurance Training:

##### More Time:

<b>To overload extensive training method we increase the duration of games as shown.</b>		
<b>Step 1</b>	2 x 10 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 2</b>	2 x 11 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 3</b>	2 x 12 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 4</b>	2 x 13 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 5</b>	2 x 14 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 6</b>	2 x 15 mins. 15 v 15 – 8 v 8	2 min. rest

#### Developing Extensive Endurance Training:

##### More Games:

The coach should initially increase the duration of the games as shown in step 1 to step 6 before increasing the number of games as shown from step 7 onwards.

<b>To overload extensive training method we increase the number of games as shown.</b>		
<b>Step 7</b>	3 x 11 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 8</b>	3 x 12 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 9</b>	3 x 13 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 10</b>	3 x 14 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 11</b>	3 x 15 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 12</b>	4 x 12 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 13</b>	4 x 13 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 14</b>	4 x 14 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 15</b>	4 x 15 mins. 15 v 15 – 8 v 8	2 min. rest
<b>Step 16</b>	5 x 13 mins. 15 v 15 – 8 v 8	2 min. rest



Again the coach has to decide by observing the state of the players whether to increase the time or number of games depending on how his players can cope with the intensity. The most effective way for the coach to initially check the level of fitness of his players is to play 15 v15/9 v 9 in blocks of 10 mins with 2 min. rests. He must recognise when they start to struggle with maintaining many actions per minute, when he must stop the game e.g. this could be after 3 mins. in the second or third game. He can then check his table to see where they start to struggle and this becomes his base point of training. He then can use his overload principle of more time per games or more games depending on their level of fitness. This means he can increase the time in games when his players will struggle with coping with maintaining many actions per minute. Plyers at a lower level should be taken out and made work at lower levels. The smaller the numbers playing determines the intensity of the training as does the size of the pitch. So an 8 v 8 game is more intense than a 15 v 15 game played on pitches of equal size to the number of players as shown earlier i.e. 15 v 15 – 150m x 80m & 8 v 8 - 70m x 45m. A bigger pitch will result in less actions per minute and a more extensive exercise. Reducing the size of the pitch will increase the frequency of the actions per minute. As a result the exercise will become more intense.

**Intensive Endurance Training: 7 v 7 – 5 v 5**

**Maintain Many Action Per Minute - Quick Recovery Between Actions.**

Smaller game of 7 v 7 & 5 v 5 also train the football performance characteristic maintain many actions per minute as well as quick recovery between actions as long as the pitch size is keep big enough as shown...

<p><i>The football performance characteristic Maintain Many Actions Per Minute</i>  <i>The football fitness characteristic Maintain Quick Recovery between actions.</i>  <i>The football conditioning exercise are games of 7 v 7/5 v5</i>  <b>Training Method – Intensive Endurance Training</b></p>	
<b>Football Performance</b>	Training Many Actions Per Minute
<b>Football Fitness</b>	Maintain Quick Recovery between actions.
<b>Football Exercise</b>	Conditioning Games 7 v 7/5 v5
<b>Training Method</b>	4-6 games x 4 - 8 mins./2 mins. rest between games

The 7 v 7 game develops more actions per minute than during the 15 v 15 game within the training method intensive endurance by playing reps of 4 – 6 games in 4-8 min. blocks. The same build up as for extensive training endurance for the 15 v 15/8 v 8 games is the same by playing longer games initially and then increasing the number of games as shown...

<b>To overload intensive training method we increase the duration of games as shown.</b>		
<b>Step 1</b>	4 x 4 mins. 7v7/5v5	2 min. rest
<b>Step 2</b>	4 x 4.5 mins. 7v7/5v5	2 min. rest
<b>Step 3</b>	4 x 5 mins. 7v7/5v5	2 min. rest
<b>Step 4</b>	4 x 5.5 mins. 7v7/5v5	2 min. rest
<b>Step 5</b>	4 x 6 mins. 7v7/5v5	2 min. rest
<b>Step 6</b>	4 x 6.5 mins. 7v7/5v5	2 min. rest
<b>Step 7</b>	4 x 7 mins. 7v7/5v5	2 min. rest
<b>Step 8</b>	4 x 7.5 mins. 7v7/5v5	2 min. rest

<b>Step 9</b>	4 x 8 mins. 7v7/5v5	2 min. rest
---------------	---------------------	-------------

Notice how we increase the duration of the games by 30 secs as opposed to 1 min. as these games are more intense. 4 games of 8 mins each is the maximum time & intensity we go to before changing to more games as the overload principal as shown...

<b>To overload intensive training method we increase the number of games as shown.</b>		
<b>Step 10</b>	5 v 7 mins	2 min. rest
<b>Step 11</b>	5 x 7.5 mins	2 min. rest
<b>Step 12</b>	5 x 8 mins	2 min. rest
<b>Step 13</b>	6 x 7 mins	2 min. rest
<b>Step 14</b>	6 x 7.5 mins	2 min. rest
<b>Step 15</b>	6 x 8 mins	2 min. rest

Experience shows that 6 games of 7v7/5v5 x 8 mins. with 2 mins. rests is the maximum players can cope with. When determining the base point the coach needs to use his observation skills to detect when players are struggling to keep up. This could be at the end of the fifth game of 7 v 7 x 4 mins. with 2 mins. rest (20 mins.) while some might have to stop after the fourth game – 16 mins. The aim is to get one step higher all the time as the season progresses and the players get fitter.

#### **Pitch Size**

Again the size of the pitch is important in determining the intensity of the games. A bigger pitch for 7 v 7/5 v 5 games allows for the right training method being developed i.e. intensive endurance training for many actions per minute. A smaller pitch lends itself to more of the extensive endurance training as there will be more actions per minute instead of many and this defeats the purpose of the former training method.