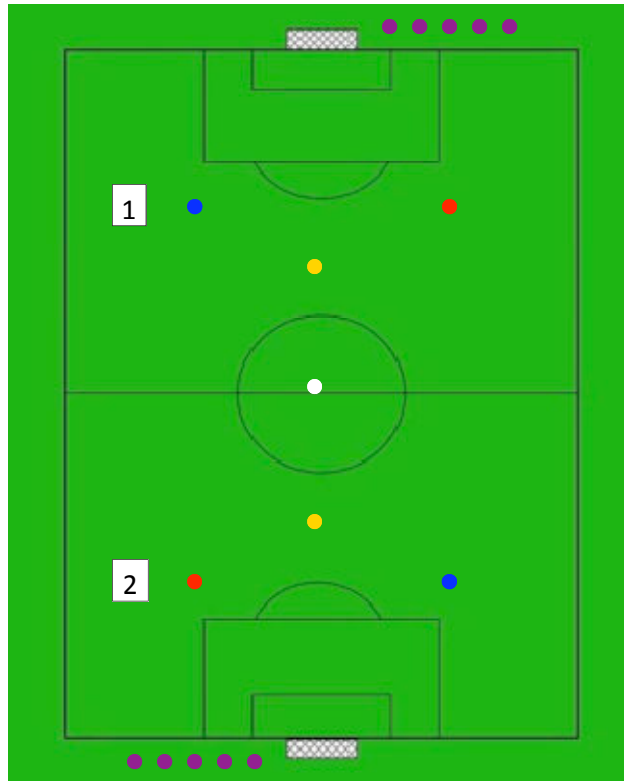


# AEROBIC DEVELOPMENT 1 (AD 1)

## Key Points:

- Aerobic sessions should be completed on grass as you get more benefits from training outside.
- You must aim to keep your heart rate above 90% of your heart rate maximum.
- Challenge yourself during your recovery time. Perform football skills when you are fatigued to replicate what happens in a game.



## Session Information

Work: 5 min @ 90-100% heart rate max  
Recovery: 3 min  
Reps: 4  
RPE: 8-10 for work periods

## Session Set Up

Equipment: 16 cones, 1 ball.  
Place cones as shown in diagram on the left.

## Session Detail

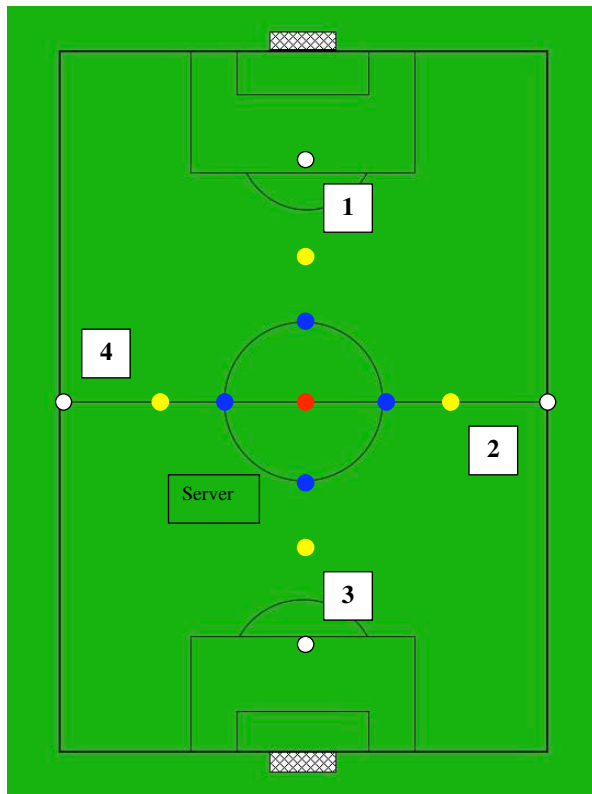
- Start in the centre circle with the ball.
- Run with the ball around cone 'blue 1' and then have a shot at goal.
- Perform fast feet through the purple cones and then retrieve the football (from your shot).
- Dribble (at pace) to cone 'blue 2' at the other end of the pitch and have a shot at goal.
- Perform fast feet through the purple cones and then retrieve the football.
- Continue to do this for 5 minutes, alternating the colour of the cone that you dribble around.
- Have 3 minutes recovery before repeating the drill.
- Try and perform a different type of fast feet exercise each time you visit the purple cones.

**You should be working close to your maximum during the work periods!**

# AEROBIC DEVELOPMENT 2 (AD 2)

## Key Points:

- Aerobic sessions should be completed on grass as you get more benefits from training outside.
- You must aim to keep your heart rate above 90% of your heart rate maximum.
- Challenge yourself during your recovery time. Perform football skills when you are fatigued to replicate what happens in a game.



## Session Information

Work: 5 min @ 90-100% heart rate max  
Recovery: 3 min  
Reps: 5  
RPE: 8-10 for work periods

## Session Set Up

Equipment: 12 cones, 1 ball., 1 server  
Place cones as shown in diagram on the left.

## Session Detail

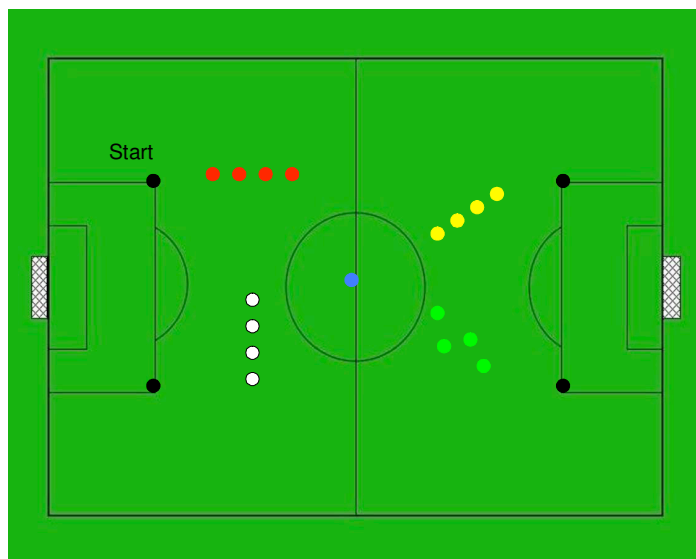
- Start on the red cone.
- The server will play the ball to you (get them to challenge you with their pass), you control and play the ball back. The server will then shout a cone for you to go to e.g. "blue 2" or "yellow 4" etc etc, you must sprint to that cone and then back to the red cone.
- Once you have completed 5 sprints, you need to run (maximally) and touch each white cone before returning to the red cone. Continue for 5 minutes.
- Recover for 3 minutes, by completing low tempo technical work before completing another 5 minutes of work.
- 5 reps need to be completed.

**You should be working close to your maximum during the work periods!**

# AEROBIC MAINTENANCE 1 (AM 1)

## Key Points:

- Aerobic sessions should be completed on grass as you get more benefits from training outside.
- You must aim to keep your heart rate above 80% of your heart rate maximum.
- Challenge yourself during your recovery time. Perform football skills when you are fatigued to replicate what happens in a game.



## Session Information

Work: 10 min @ 80-90% heart rate max  
Recovery: 5 min  
Reps: 2  
RPE: 7-8 for work periods

## Session Set Up

Equipment: 21 cones, 1 ball.  
Place cones as shown in diagram on the left.

## Session Detail

- Start at the red cones. Dribble the ball through the red cones, to the blue cone, through the yellow cones, through the green cones, past the blue cone, through the white cones and back to the start.
- Then complete the circuit without the ball.
- Following this, complete one full lap of the pitch (striding).
- Continue to do this for 10 minutes.
- Have 5 minutes recovery (low tempo technical).
- Repeat the exercise for a further 10 minutes.