



# FITNESS TRAINING WITH THE BALL

FOR YOUNG SOCCER PLAYERS

Do you think it is  
important to use a  
fitness method based on  
soccer?

Do players who train  
fitness with the ball  
increase their soccer  
performance?

Principal Aim:

**Increase the  
Soccer  
Performance**

**HOW?**

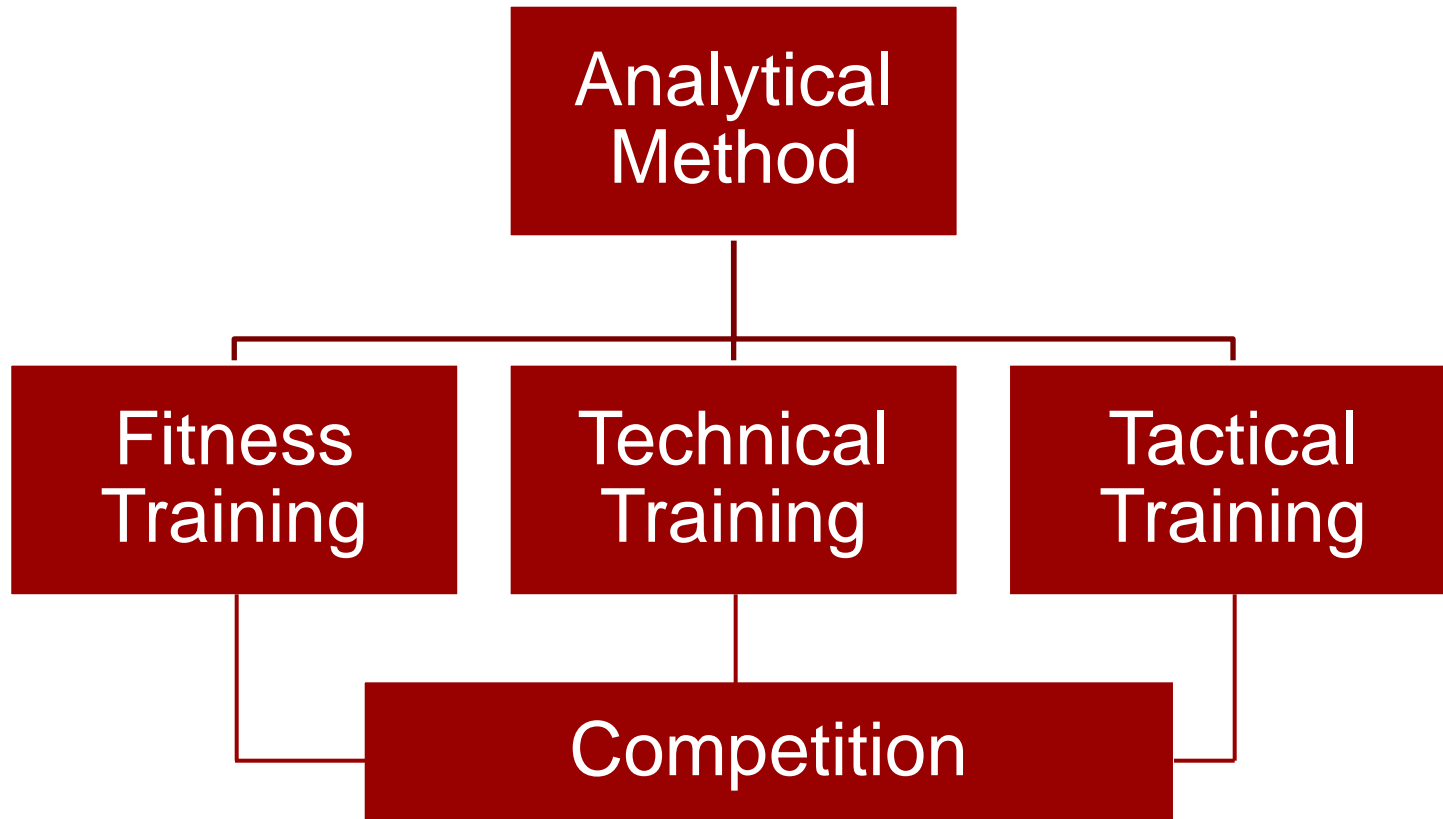
Creating players who  
understand the game

# INDEX

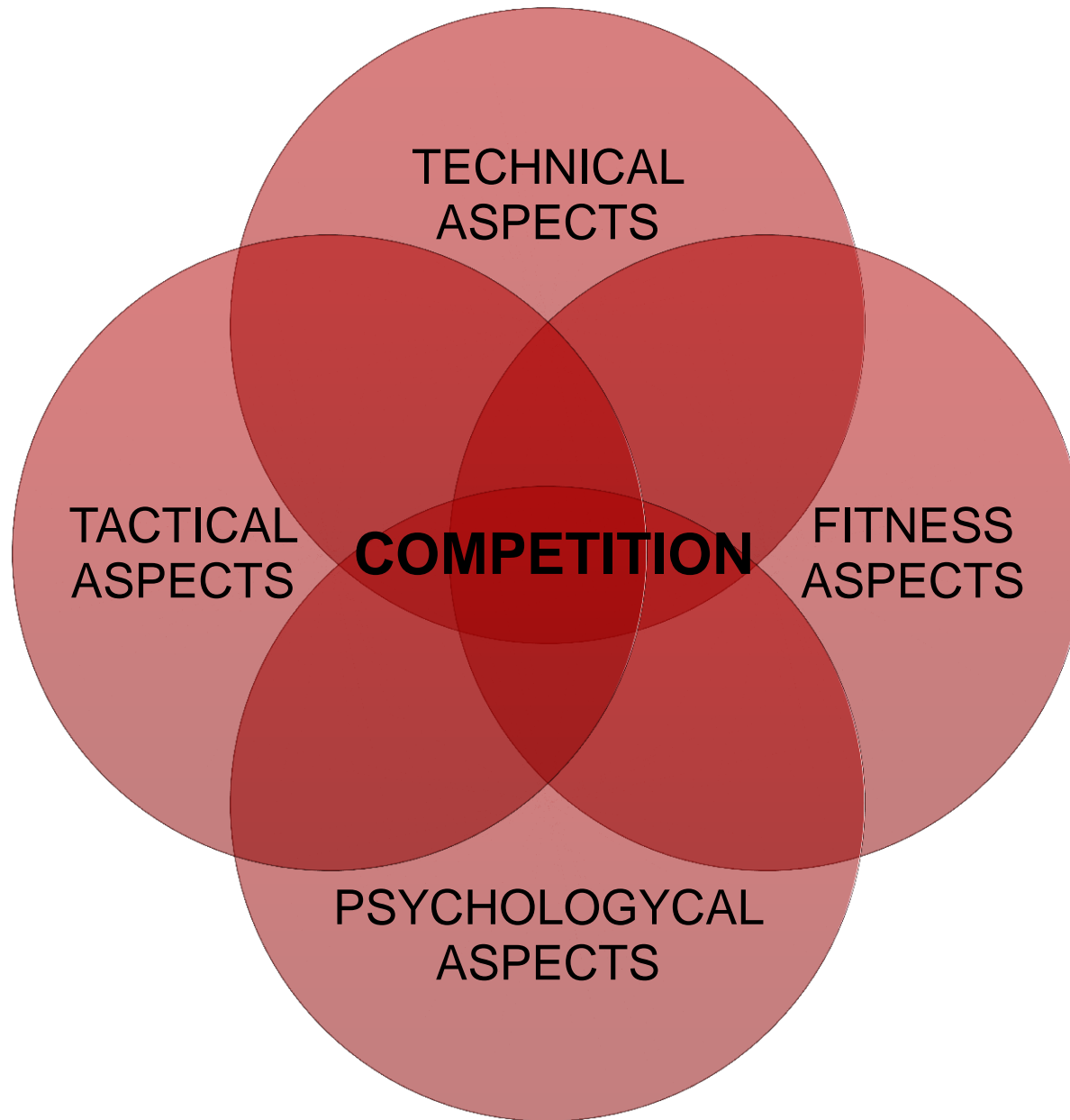
1. Global Training Method for fitness training.
2. How to create your OWN activities with GTM.
3. Fitness Training aspects using GTM.
4. Fitness Training in different group ages.
5. ACL Prevention in Women.
6. Conclusions.



# 1. GLOBAL TRAINING METHOD. GTM



# GTM



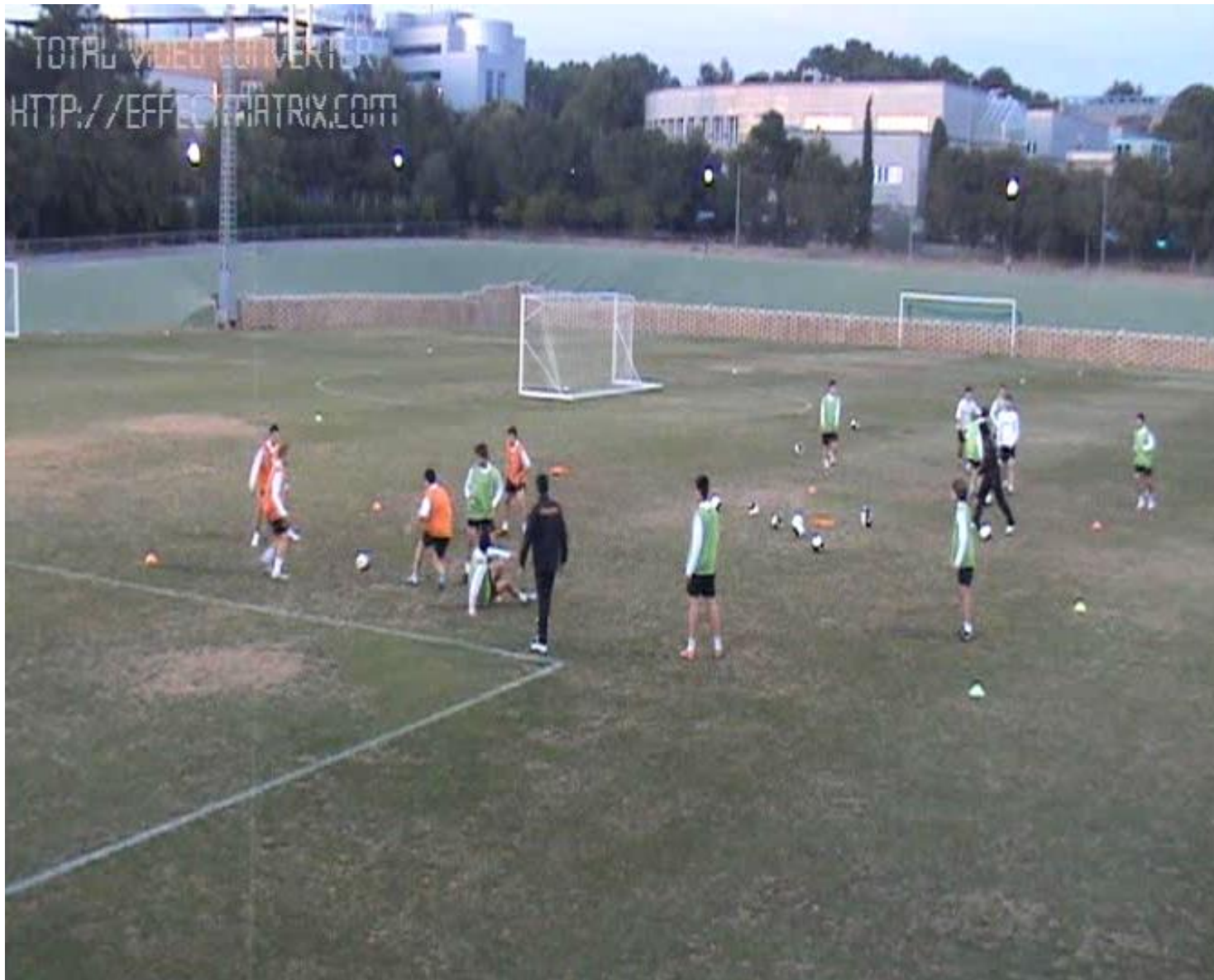
# 1. GTM FOR FITNESS TRAINING



- All the training aspects are together in the same activity.
- Activities-games are the most similar to the real competition.
- The players have got similar experiences they have in a match.
- There are a lot of decision making, which will vary constantly.
- We create activities to promote problem solving.
- The most important player's tactical aspect is **to make good decisions**. It is the base of playing well in soccer.
- The aims of the session EVEN appear in the warm up.



# Warm up for Transitions 4v2+2



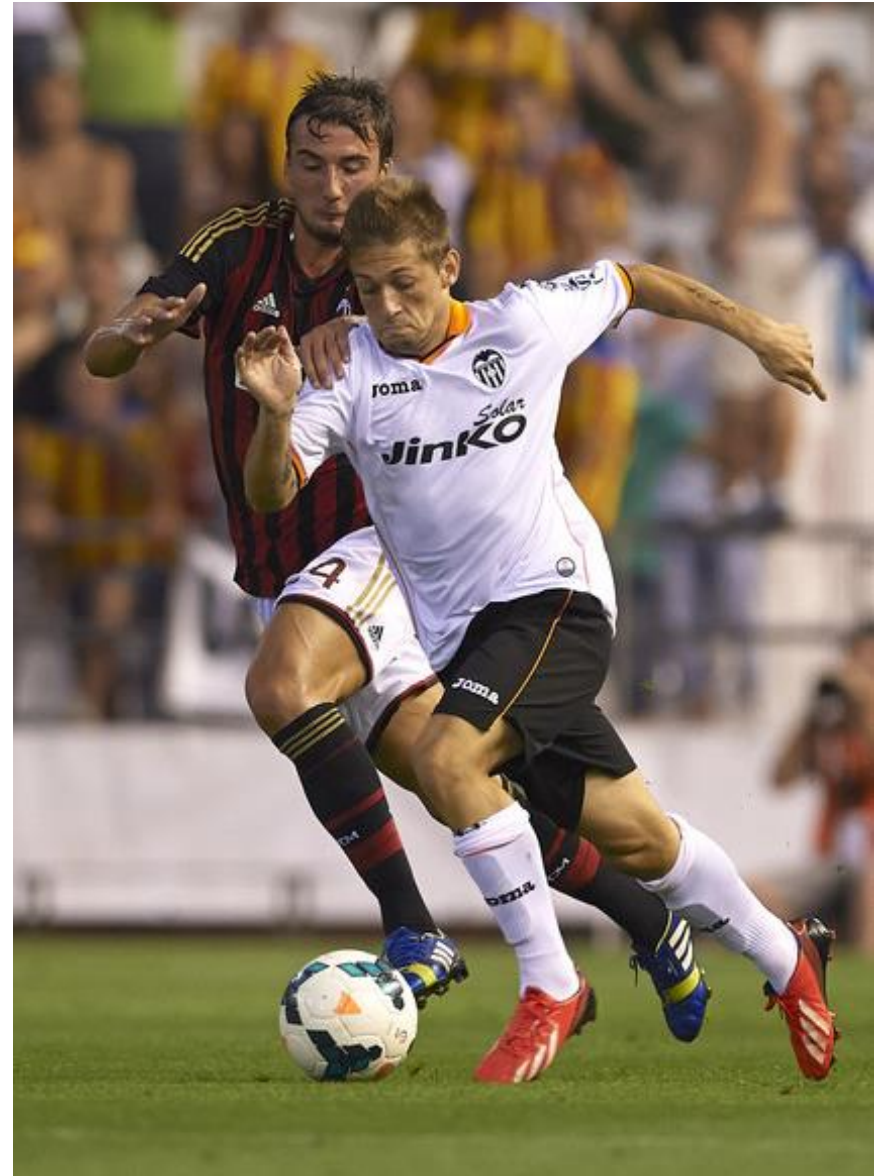
# Global Training Method

Methodology **PROBLEM SOLVING**  
Coaches don't tell players the solution of a game situation so that they can discover it by themselves.

How do we do this?

- Presenting a good exercise...
- Asking them why they have made some decisions and not other.
- Asking them how they should have solved it.

We force them to **THINK** constantly.



## 2. How to create activities with GTM





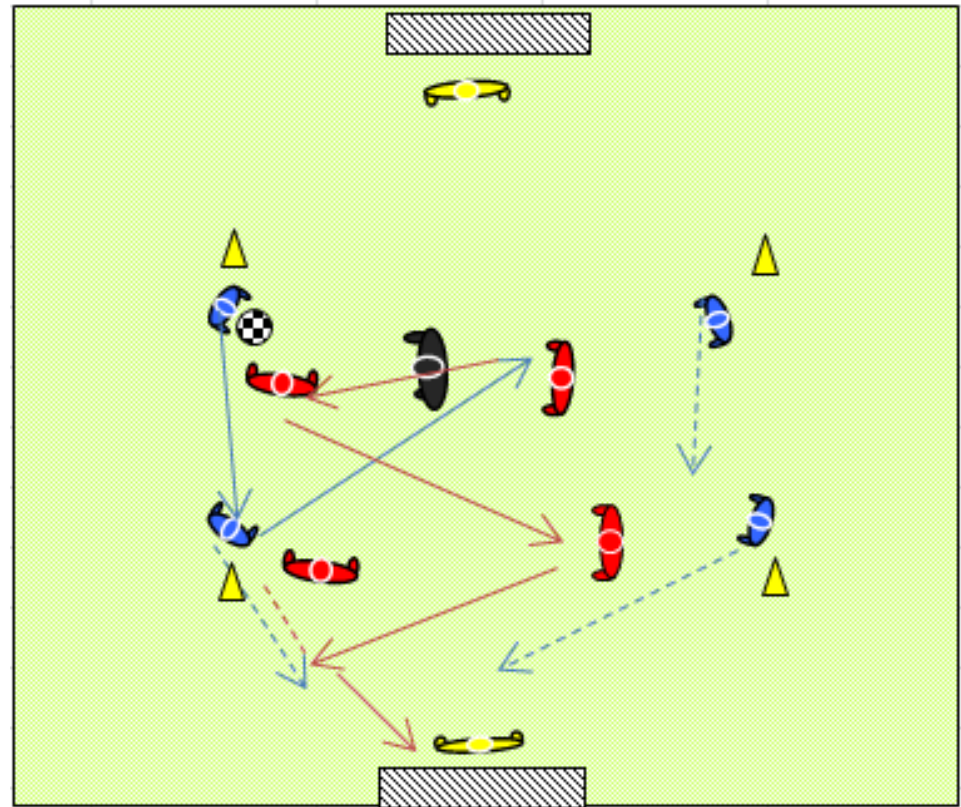
- The structural elements of a training game are:
  - Space and time.
  - Goals.
  - Team mates, neutrals or opponents.
  - Rules.
- All structural elements must be well combined so that the activity gets the proposed aims.
- We can modify completely the physiological, tactical demands depending on how we change them.
- A small variation in one element can change completely the idea of the game (example: wide space or narrow)



# EXAMPLE OF GTM FOR FITNESS

## HIGH INTENSITY ENDURANCE

- **Transitions** and **Counter attack**
- 4v4+1N+2G
- 4x4' 2' recovery.
- 25x25 +20meters to the goal.
- 1 team keeps possession and the other counter attack when they recover.



### 3. Fitness Training aspects using GTM



- Endurance
  - Medium intensity (anaerobic threshold)
  - High intensity ( VO2 Max)
  - Very High Intensity
- Strength
- Speed



# ENDURANCE: MEDIUM INTENSITY

**Definition:** Is the level of exercise oxygen uptake above which aerobic energy production is supplemented by anaerobic mechanisms (Weltman, 1995)

Characteristics:

- Duration 2-3 sets of 10-12'. Recovery 2-3'.
- Number of players. From 6v6 to 11v11.
- Size of Space: Big spaces above 40x40 meters.
- Technical and tactical aspects: depending on the coach/needs.
- Example of an activity. 9v9+ 5 neutrals.

# Possession game: 9:9+5 Neutrals





TOTAL VIDEO CONVERTER  
[HTTP://EFFECTMATRIX.COM](http://effectmatrix.com)

**3 ZONES WITH POSSESION**  
**2 ZONES WITHOUT**



# ENDURANCE. HIGH INTENSITY

**Definition:** Is the task intensity related to the player's maximal oxygen uptake.

Characteristics:

- Duration 4-6 sets of 2-4'. Recovery 90''-2'.
- Number of players. From 3v3 to 5v5.
- Space: small-medium spaces, until 40x40.
- Technical and tactical aspects: depending on the coach.
- Example of one activity. 4:4+ 2G + 8 NEUTRALS.

# 4v4+8 Neutrals + 2 Goalkeepers





# ENDURANCE: VERY HIGH INTENSITY

- **Definition:** Is the task intensity over the maximal oxygen uptake.
- **Characteristics:**
  - Duration 2X2-4 of 30''-90''. Recovery 30''-60''.
  - Number of players. From 1:1/ 2:2.
  - Space: small spaces until 20x20.
  - Technical and tactical aspects: depending on the trainer/needs.
  - Example of one activity: 2v2+2G



# POWER EXPLOSIVE STRENGTH

- **Definition:** Is the production of the strength in the unit of time.  $N \cdot S^{-1}$  (González Badillo & Ribas, 2002).
- **Characteristics:**
  - Duration 10''W aprox 50''Recovery. 2x8'
  - How: accelerations, decelerations, change in running speed, change of direction, jumps.
  - Number of players: it depends on the next transfer exercise.
  - Space: Small spaces.
  - Example of one activity. 2x1.

# Power Explosive Strength 2x1



# SPEED

- Characteristics:
  - 100% Speed Intensity.
  - Duration 2-5''W aprox COMPLETE RECOVERY. 30'' per 1'' of W.
  - How: Specific Actions.
  - Number of players: it depends on the next transfer exercise.
  - Example of an activity. Finishing after a cross.



## 4. Fitness Training in different group ages

Fitness should be done with GTM

- Under 7-9 years
- Under 10-11 years
- Under 12-13 years

Fitness should be done with GTM & ANALYTICAL

- Under 14-15 years
- Under 16-18 years

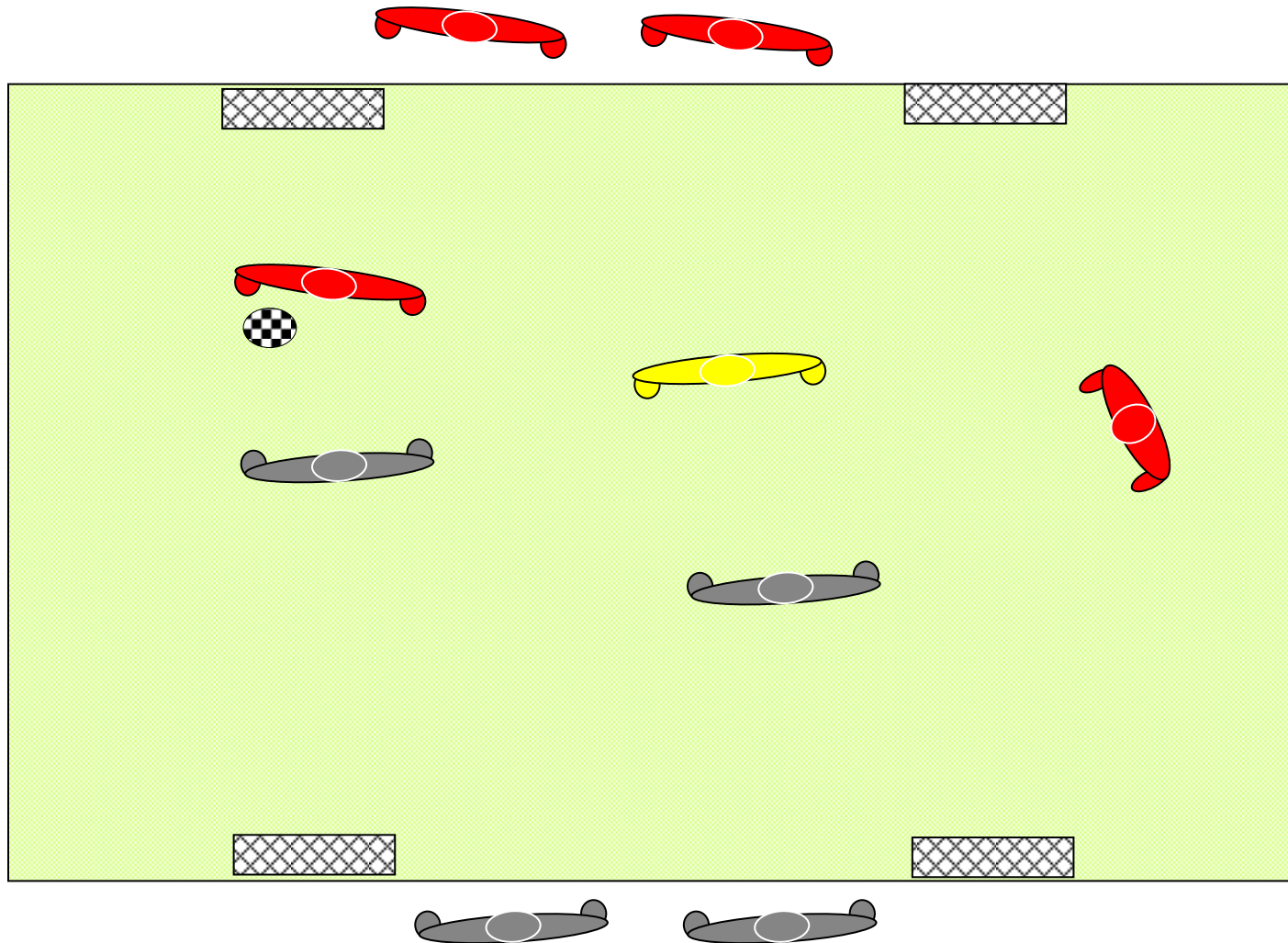


# Under 7-9 years

- They have to play (games).
  - Technical training (both legs)
  - Coaches create good habits.
  - All activities with ball.
  - **Few players in the exercises. WHY?.**
- Physical abilities:
    - Balance.
    - General and specific coordination.



2V2+1N with 4 goals.



## WEEKLY LOAD 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

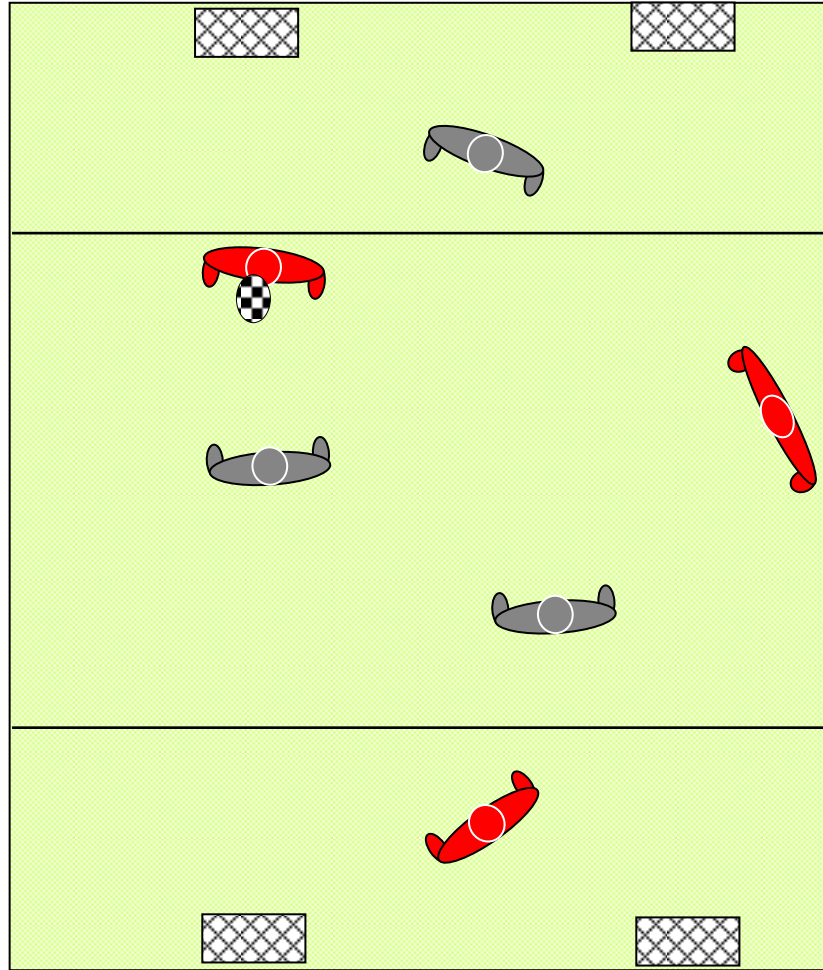
SUNDAY

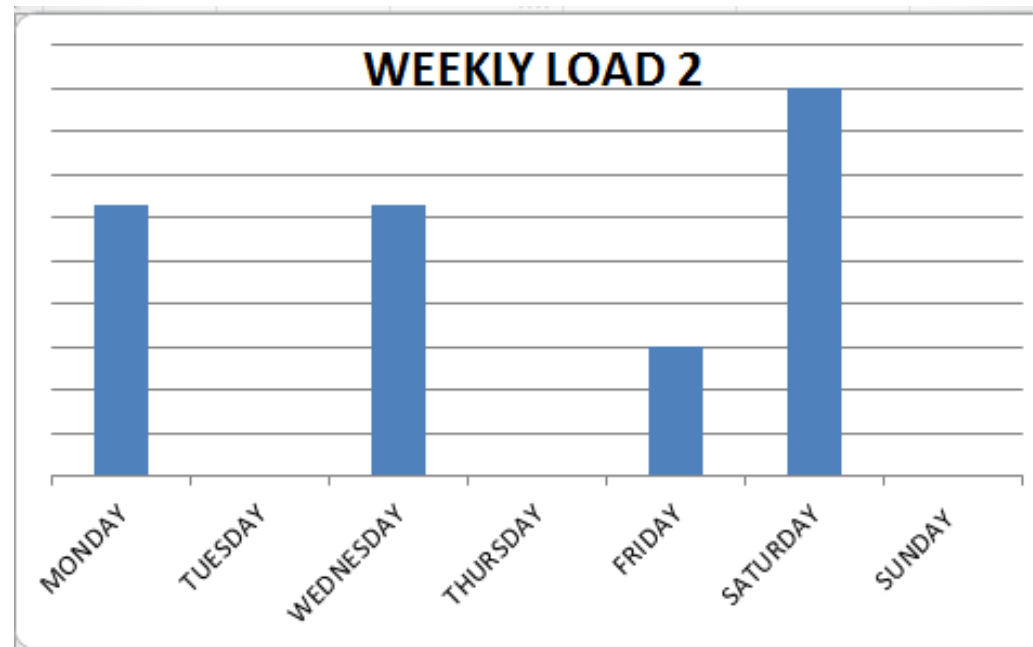
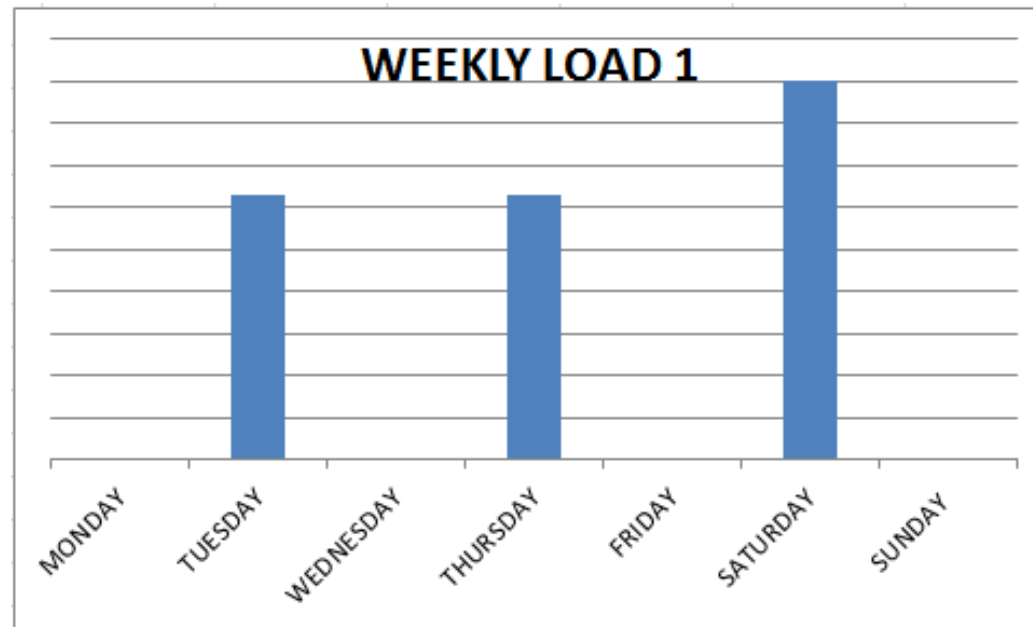


# 10-11 years

- Keep improving technical skills.
- Start with the main principles of game.
- Players want to learn.
- Games (in the warm up).
- A Few rules.
- Physical abilities:
  - General and specific coordination (foot, hand, head BALL.
  - Reaction speed, speed.

2v2+4 goals+2 Neutrals (1 each team)

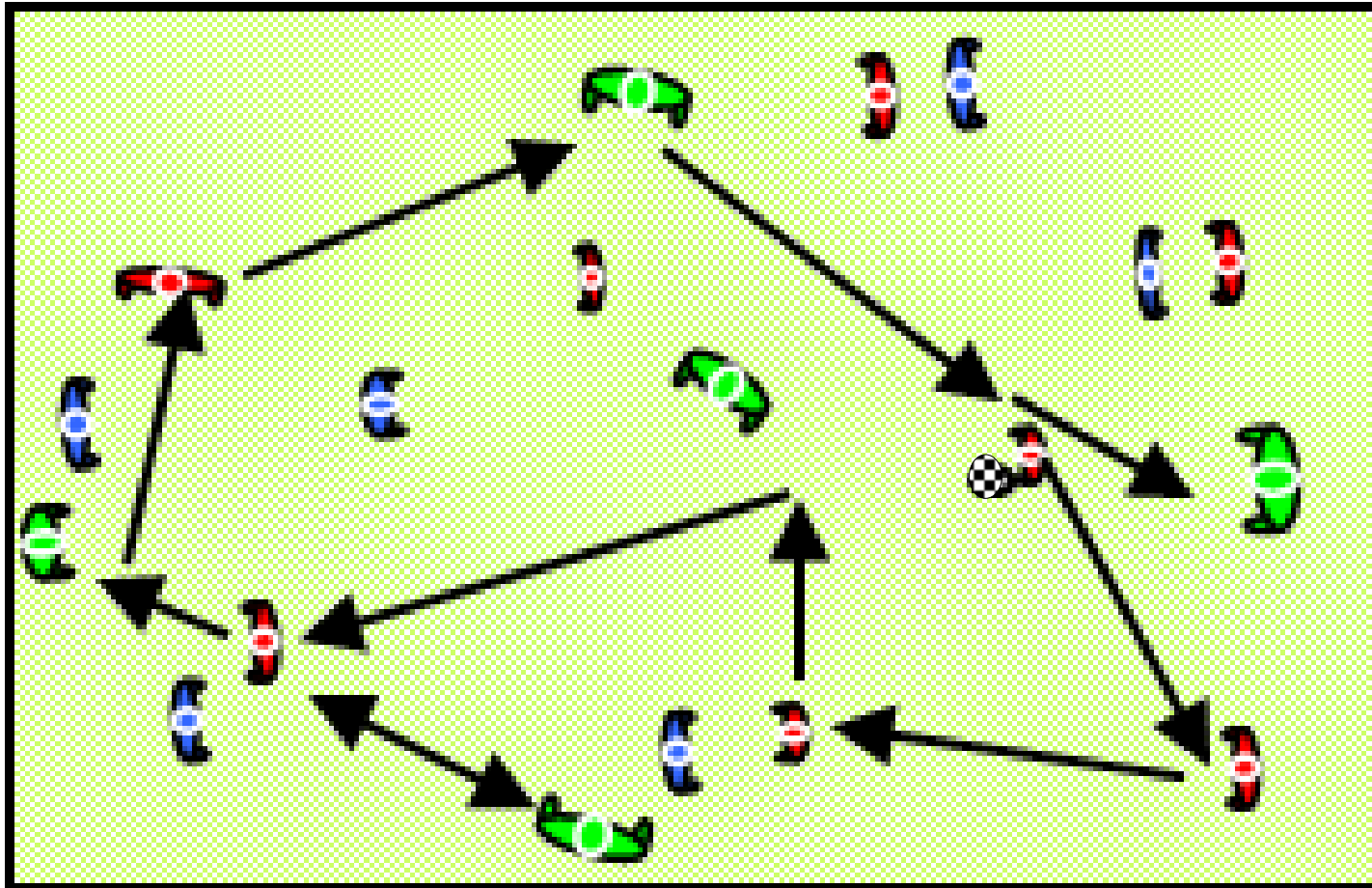




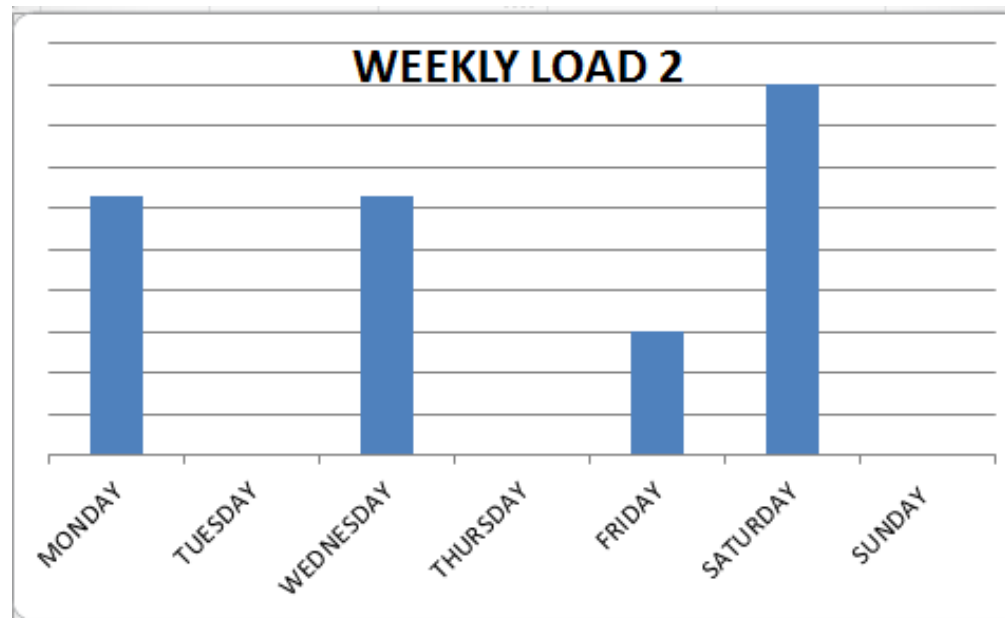
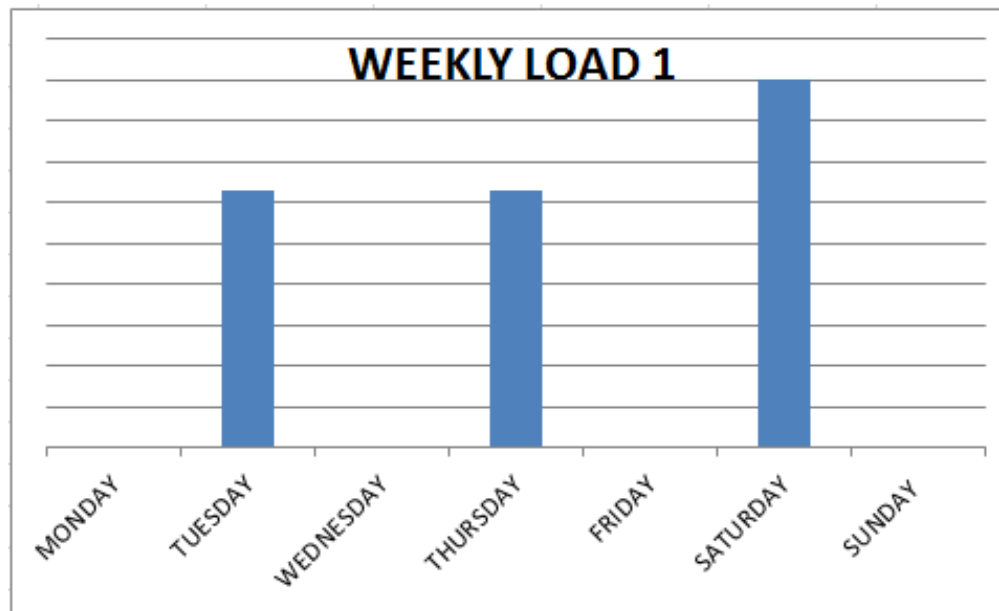
# 12-13 years

- Big ability to learn.
- We use big and small spaces.
- Still learning while playing.
- Continue with principles of game.
- Introduction of more complex rules.
- Bilateral training.
- Physical abilities:
  - Aerobic endurance  
MEDIUM INTENSITY.
  - Speed.
  - Start with very light  
ECCENTRIC STRENGTH  
training after the training  
session.
  - Start with basic core and  
proprioception training.
  - General and specific  
coordination.

# 9v9+5 Neutrals



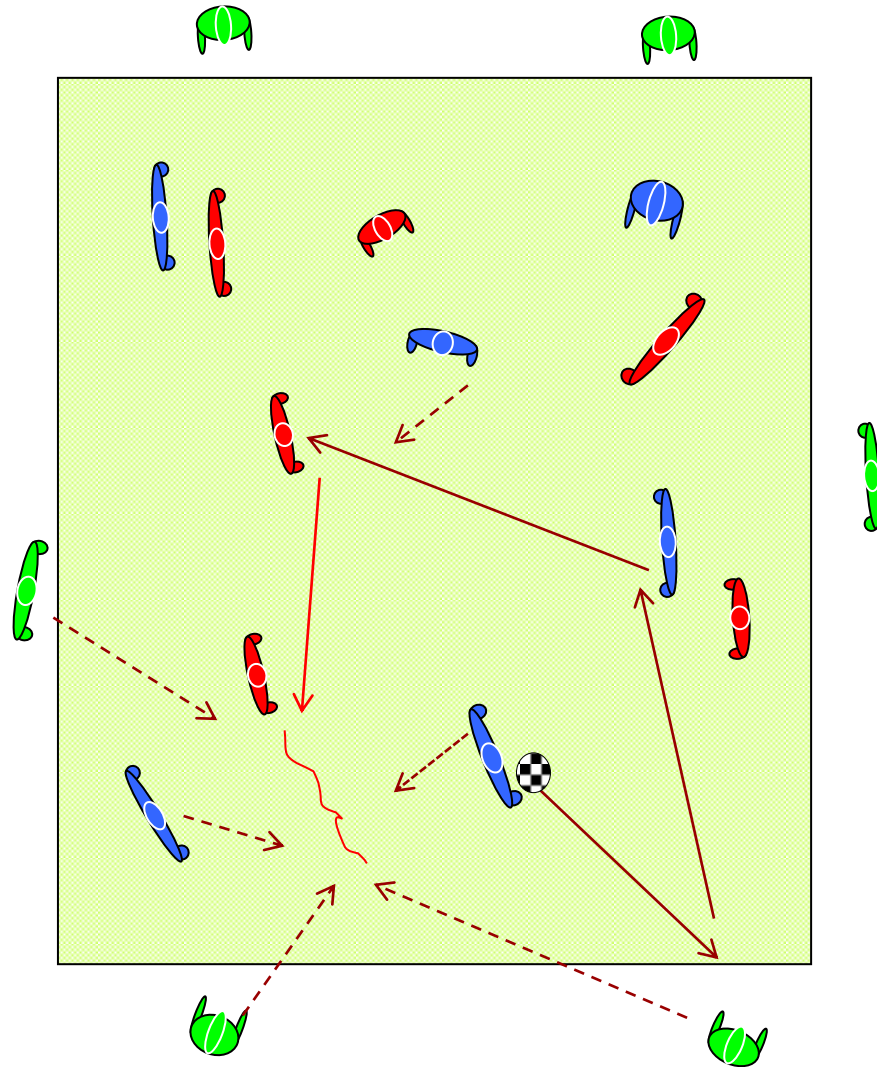


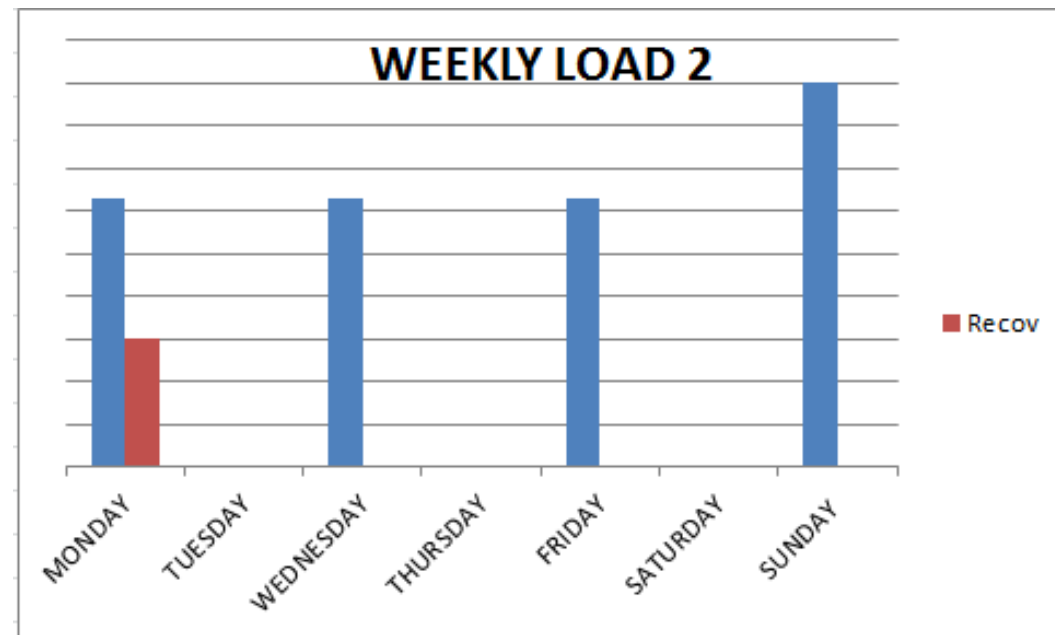
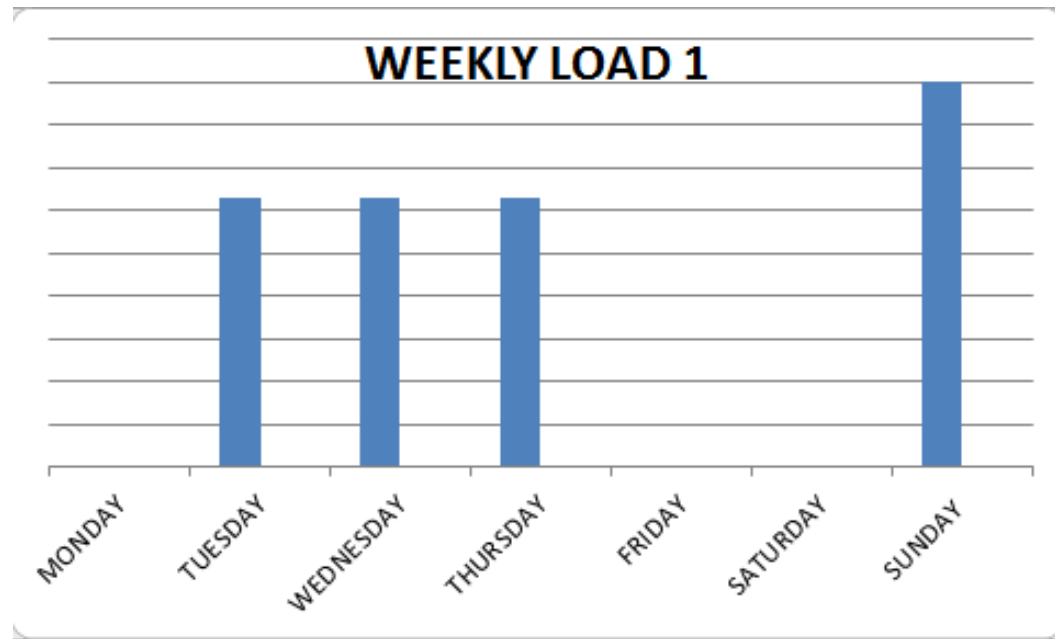


# 14-15 years

- Big physical differences between players.
  - Use of possession games and small sided games.
  - Introduction of more complex rules.
  - Continue bilateral training.
  - Continue with principles of game.
- Physical Abilities:
    - Endurance: MEDIUM and high intensity.
    - Strength training upper and lower limbs. FIRST good technique and after increase slightly the load
    - Eccentric strength training after the training session
    - Core and proprioception training.

# 6v6v6 Transitions

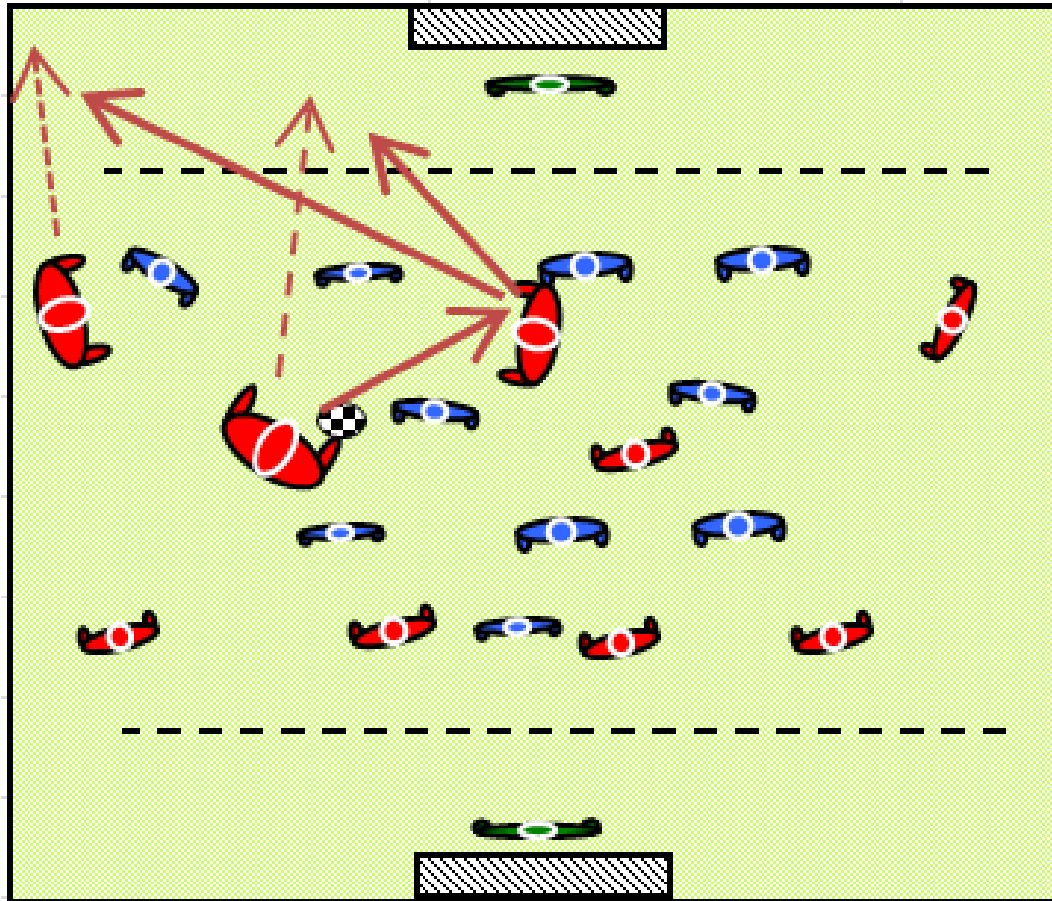


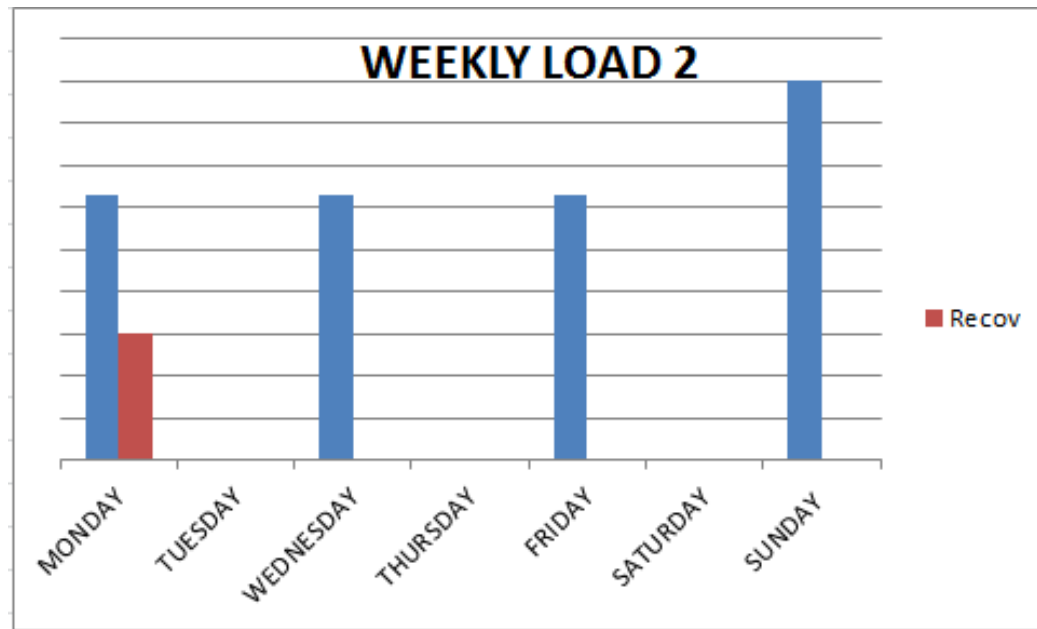
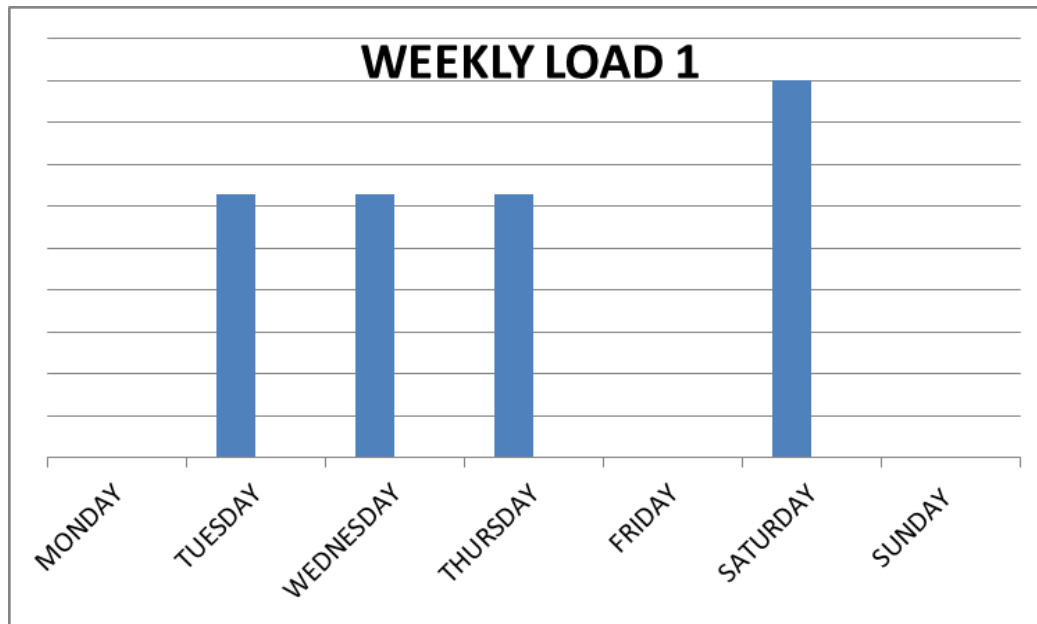


# 16-18 years

- Use of possession games and small sided games.
- Introduction of more complex rules.
- We use big and small spaces.
- Use of possession games and small sided games.
- Introduction of more complex rules.
- Physical Abilities:
  - Endurance: HIGH and medium intensity.
  - Strength training upper and lower limbs .
  - Eccentric strength after the training session
  - Core and proprioception training.

# 10v10+2G. WALL PLAYERS





## 5. ACL Prevention in Women

**IN WOMEN WE CAN'T CHANGE THEIR ANATOMY BUT WE HAVE TO INCREASE LOWER BODY STRENGTH AND STABILITY**

- Strategies:
  - Active warm up in matches and training sessions. Ex. UEFA 11.
  - Strength development.
  - Single leg progressions, start with the load of the body (stabilizers)
  - Proprioception and landing skills.(horizontal, lateral jumps.





## 6. Conclusions

1. Players have to think constantly. Increase their playing awareness.
2. Fitness training should be done with GTM.
3. Use technical and tactical warm ups.
4. Using the GTM I have increased the soccer and fitness performance of my players.



# THANK YOU FOR YOUR ATTENTION

E-mail: [francisco.fornier@gmail.com](mailto:francisco.fornier@gmail.com)  
Skype: francisco.fornier



Champions League 2012  
(Lille-Valencia)

2005-2013 S&C Coach Valencia CF  
(U13-First team).

Personal S&C Coach of Professional  
Soccer Players.

2000-2004 Bachelor Science in Sport.

Master in S&C in Soccer and Athletics.

Soccer Coaching License (UEFA A)

Master in Psychology in Sport.

Master in Rehabilitation of the Injured  
Sports Person.

**Francisco Forner  
Llácer**

[francisco.forner@gmail.com](mailto:francisco.forner@gmail.com)