

# Sprint, Cross and Finish in a Speed Endurance Circuit



## Description

In this practice we have 2 groups (red and blue) who alternate working on the coach's whistle to ensure adequate recovery for the players. This is to maximise the acceleration and sprint work in the session. The players perform 2/3 sets of 4-6 repetitions each.

There are a minimum of 2 players on each station as shown (A, B, C, and D). There is also 1 extra player (feeder) who starts the practice by passing to Player A who moves forward (timing his run) to cross the ball first time. Players B, C and D sprint at maximum speed to try and score past the goalkeeper. At the same time, the 3 players outside the area perform a 30 yard sprint before walking (recovery) to positions B, C and D respectively.

Players B, C and D then walk (recovery) outside the area to perform a 30 yard sprint. Player A moves to the feeder position and the feeder moves to the back of group A.

## Coaching Points

1. Players must work at maximum speed throughout all the different movements.
2. Players need to demonstrate good timing, a high intensity/speed of run and technical quality when passing to ensure maximum acceleration.
3. High quality is needed for the technical aspects so the practice maintains rhythm.

# Fitneb Training In Football A Scientific Approach

**M Lipman**



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