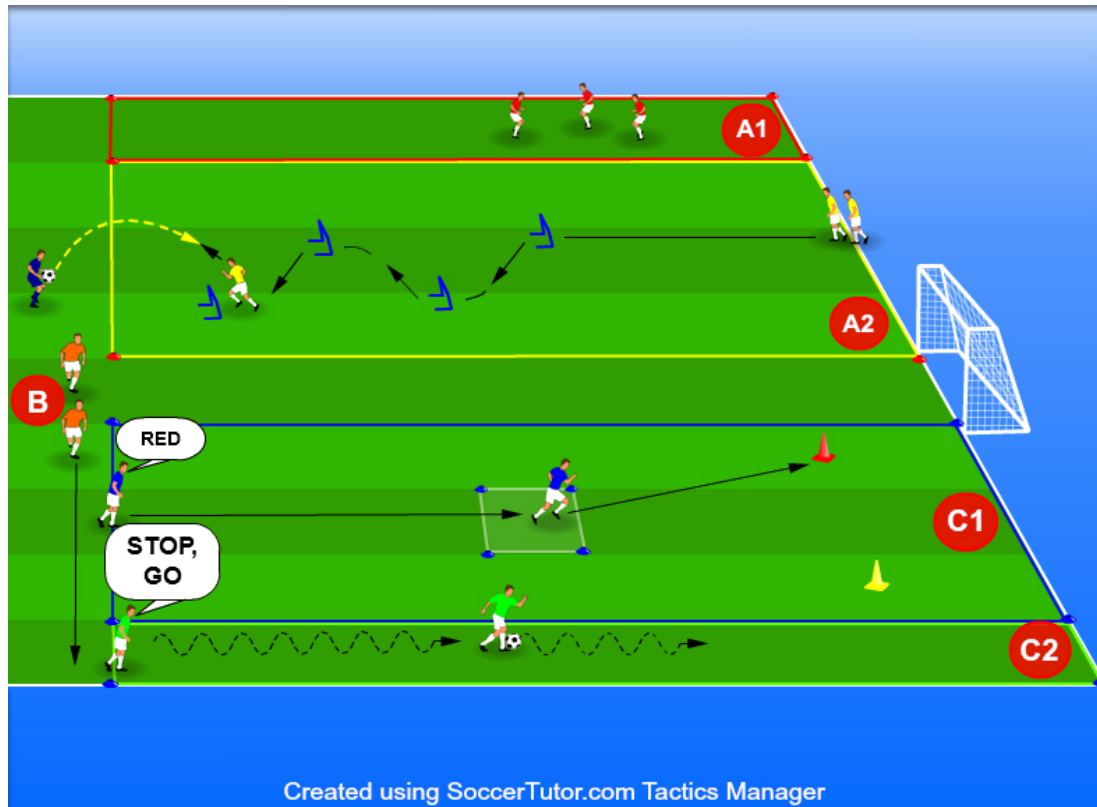


Position Specific Training Exercises



Levels: U13-15

Measurement:

Half-Pitch

Duration: 15 Mins

Players:

12

Objective:

Conditioning

Description:

Centre backs and forwards

A1) 4 series of 10 x squats with 30 seconds recovery in between.

A2) Jump over 3 hurdles and at the fourth head the ball launched by the coach (2 x 10 repetitions).

Midfielders

B) 7 minutes running around the field alternating 45 seconds of jogging to 15 seconds sprinting. (Twice with 2 minutes recovery in between).

Full back and wide Midfielders

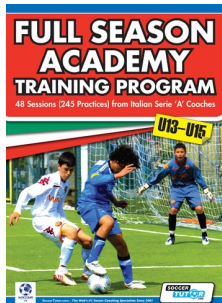
C1) 15 yard sprint, stop in the square and sprint towards the cone called out by a teammate (2 x 10 repetitions with 2 minutes recovery in between).

C2) Running with the ball over 60 yards with teammate calling 'stop' and 'go'. (2 x 5 repetitions with 2 minutes recovery).

Position Specific Training Exercises

This Drill is Taken From...

By Coach



48 Sessions (240 Practices) From Italian Serie 'A' Coaches

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Simone Bombardieri

Empoli FC Academy Coach .

Equipment Needed



Space Markers



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Traffic Cones



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Rubber Marker Discs



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Hurdles



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Training Ball



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Mini Pro Cones



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