

Drills for Soccer Stamina

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Technique

The technique for jogging is slightly different compared to that of sprinting. On each step, you must contact the floor from the middle of the foot to the heel first and shift the weight up to the toes. When running, the arms have to be moving parallel to your direction. If your head seems to move up and down a great deal, or from side-to-side, you are running inefficiently.

Drills for stamina

Cardiorespiratory endurance

Drill: Over 3000 meters (2 miles) of running at 50-60 percent. It is recommended working on this at least 2-3 times per week during the offseason to achieve optimal gain.

Benefits: This drill improves your cardiovascular system and capillarisation. It is designed to develop your heart as a muscle as well as your circulation and lungs.

Improving muscle endurance

Drill: Over 1500 meters (1 mile) of running, preferably on a sandy or elevating surface. It should be practiced at intensity between 60-80 percent.

Benefits: This drill improves glycogen burning, lactate tolerance and removal. These are chemicals that accumulate in the muscles and cause fatigue. Compared to the previous drill, this one is concentrated on improving your ability to sustain intense level of activity. However, because of its long duration, you will also experience gain in aerobic fitness.

Incorporating skill

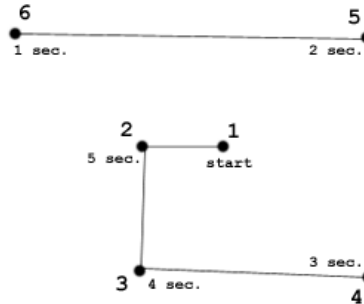
Drill: Continuous dribbling with the ball for a period of time of over 20 minutes. This can be done around a soccer field or any suitable area.

Benefits: This is a very specific drill that improves both aerobic and

anaerobic fitness. It also incorporates dribbling and can therefore be considered beneficial in terms of technique development.

Anaerobic fitness for soccer

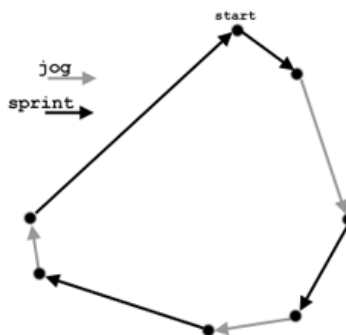
Fartlek



Drill: Sprint from points 1 to 6 and then back to 1. Rest at each point the given amount of time. You can alter the values in the diagram, but it must be done proportionally. Repeat 5 to 10 times.

Benefits: Fartlek drills, such as this one, are designed to get you fit quickly. Depending on the number of repetitions you complete, you will notice improvements in both your anaerobic as well as aerobic endurance. If you want to emphasize on the latter, shorten the resting time between reps

Alternating jogging and sprinting



Drill: Run on the given course altering between top speed sprinting and slow jogging. One complete circle counts as a single repetition. Adjust the distance between points accordingly and repeat 3 to 15 times depending on the course length.

Benefits: This drill improves glycogen burning, lactate tolerance and removal

References

1. ExpertFootball.Com, <http://www.expertfootball.com/> (2004)
2. About.Com, <http://www.sportsmedicine.about.com/> (2005)
3. *The Official FA Guide to Fitness for Football.*
4. Les Reed, *The Official FA Guide to Basic Team Coaching*, (Hodder Arnold 2004).