

# WHIRLPOOL AND STEEPLE CHASE

## STAGES COVERED BY ACTIVITY

Stages 4 & 5 - 12-18 year old players

## THEMES & COMPETENCIES

### Theme:

- + Advanced technical training and fitness.

### Competencies:

- + Anaerobic endurance training.

## WHY USE IT

These two exercises are easy to set up, very demanding soccer fitness environments.

## SET UP

Whirlpool - 25x25 yard grid; Steeple Chase - 3x30 yard area.

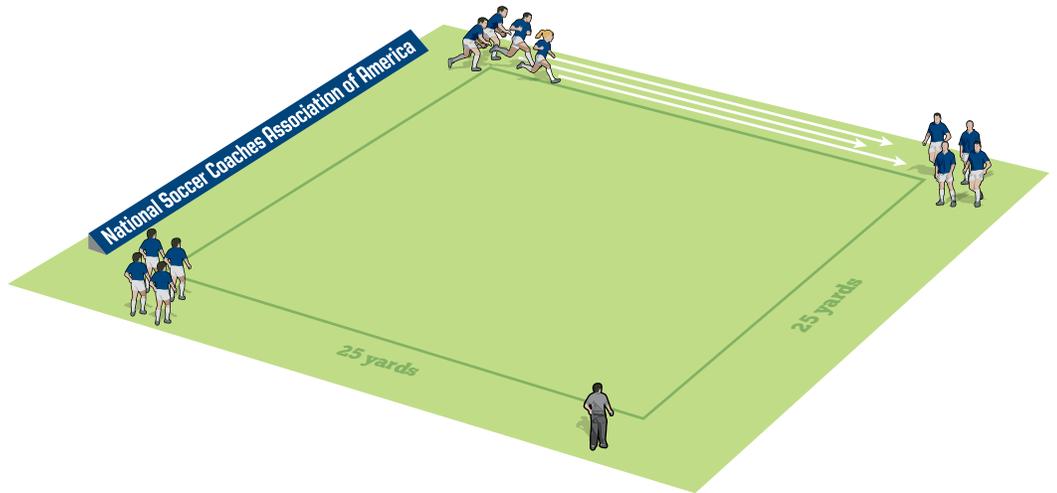
## HOW TO PLAY

**Whirlpool.** Divide the team into 3 equal groups. Each group starts at a corner (leave one open) of the grid. Groups run clock-wise around the perimeter of the grid. The first group runs until they reach the next group and then stops. Run for 3 minutes and then rest before continuing.

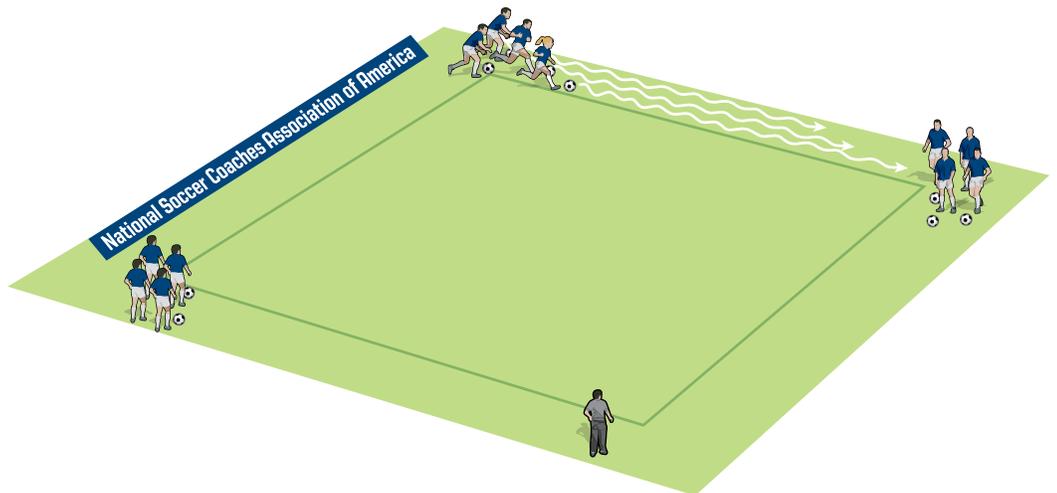
**Steeple Chase.** Similar except that players are grouped in pairs or threes at cones laid out in a circle. Each group runs 2 cones and then stops. Note that the first 2 stations have extra players to keep the exercise going when the exercise circles around.

## COACHING NOTES

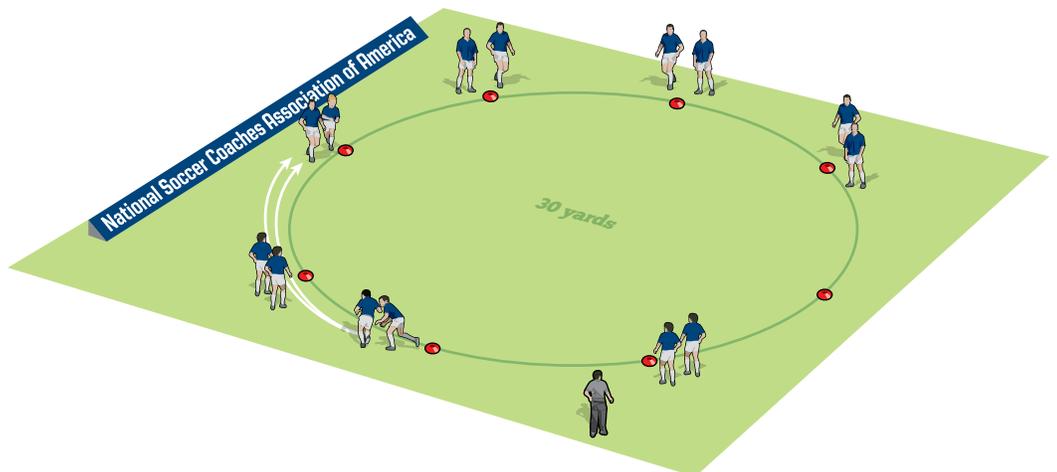
- + Objectives: Both of these exercises provide soccer-specific fitness training with short, sharp sprints and minimal rest. Who can win each group run? Are those who win the early runs able to sustain their superiority as they tire?
- + Tip: Each group must wait for the first member of the previous group to arrive before starting his or her run. No one can cut corners.
- + Adaptations: Run with a soccer ball. Vary the distances. At a signal, runners change directions. For a cool-down, players must juggle from one station to the next.



- + Whirlpool. Base exercise with groups running clock-wise until they reach the next group.



- + Whirlpool. Variation with players dribbling a ball from point-to-point.



- + Steeple chase. Players run in pairs, sprinting past the first cone and onto the second cone before stopping.

