

## WINDOWS FITNESS

### STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Advanced technical training and fitness.

#### Competencies:

- + Receiving - foot, thigh, chest and head.
- + Short passing - speed of play.
- + Anaerobic endurance training.
- + Individual receiving and passing technique.

### WHY USE IT

This exercise is a flexible, efficient environment for combining fitness and technical training.

### SET UP

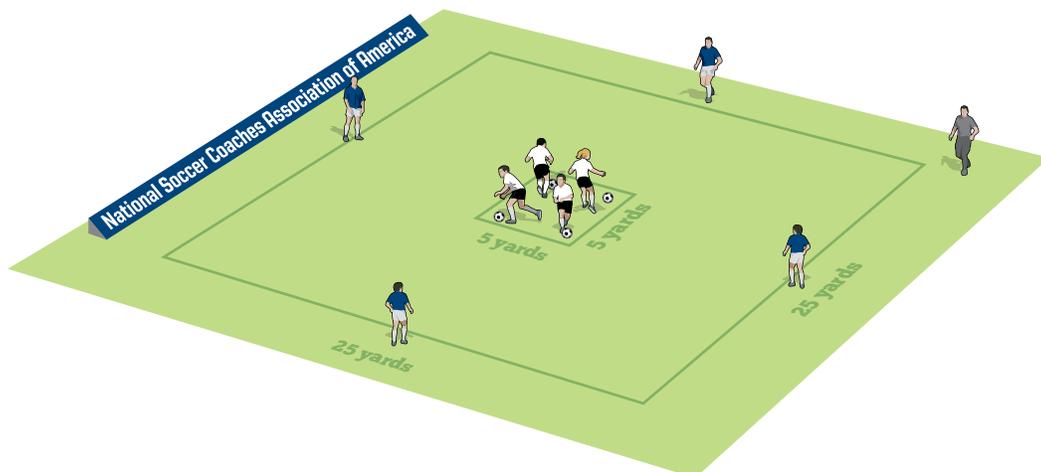
The area used varies with the number of players and the need to balance the number of touches with the fitness component. A larger grid will expand the fitness component but limit the number of touches and exchanges with the perimeter players. 2 squares, 25x25 yard square with a 5x5 yard square in the center.

### HOW TO PLAY

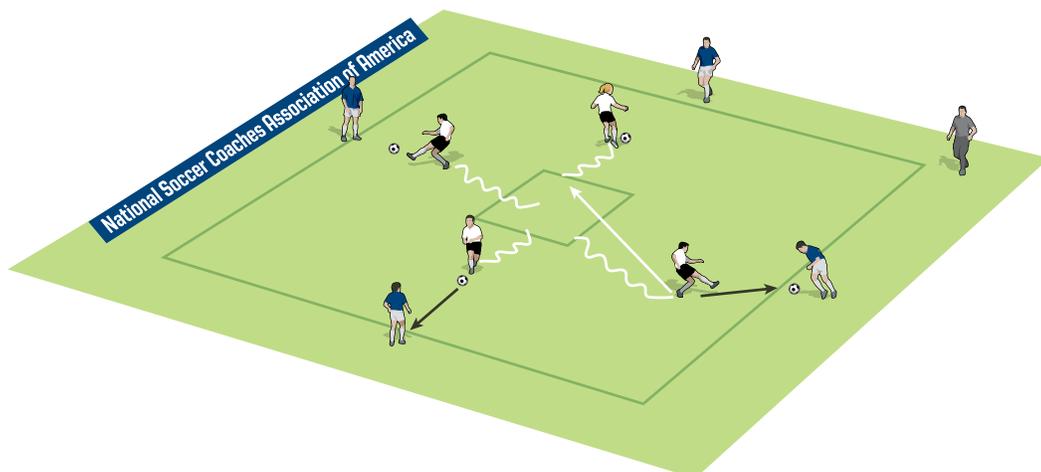
Divide the team in two equal teams. One team, each with soccer balls, begins in the center grid. The other group forms a perimeter. The central players dribble out of the grid to within 5 yards of a perimeter player and pass the ball. They must then turn and run through the grid receive a ball from any other perimeter player. 1 minute and then rotate the groups. Progressions can include keeping the balls with the perimeter players, who serve a ball to players running out of the grid. The active player can volley/settle/head back to the server.

### COACHING NOTES

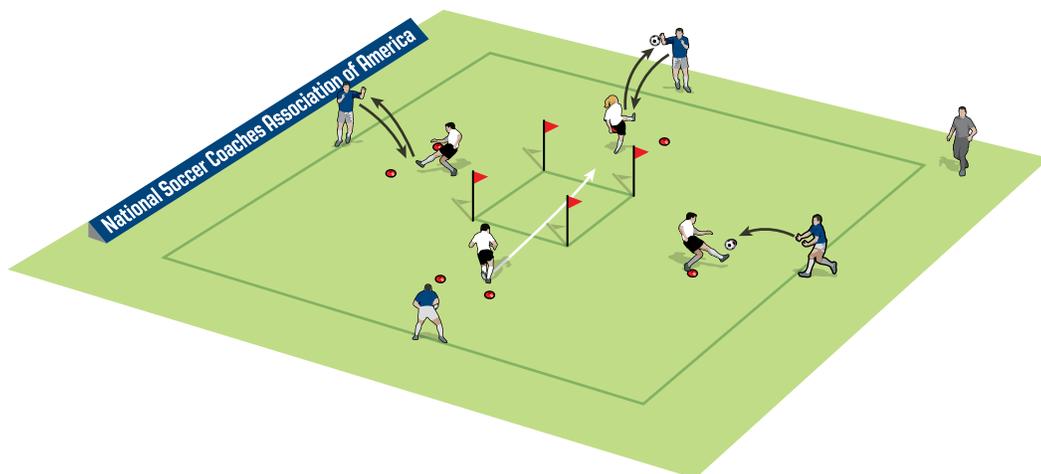
- + Objectives: Active players must play at speed throughout. Can they perform at a high technical level as they tire?
- + Tip: Expand or shrink the central grid (or use multiple grids or gates) to vary the fitness component or add a specific dribbling requirement (i.e. laces touches only).
- + Adaptations: Vary the exchange with the perimeter player to a combination (1-2, or overlap).



- + Basic set-up for the exercise with working players and servers ready to play.



- + Active players dribble to within 5 yards of perimeter targets.
- + Pass and run back through the central grid.



- + Variation with flagged central grid and gates in front of each server.
- + Active players run through gate, volley back to server and turn and run through central grid.

