

CONTENTS

MEET THE AUTHOR	6
ASSISTANT AUTHOR	8
OTHER ACKNOWLEDGMENTS AND RESEARCH COLLABORATORS	9
REFERENCES	10
FOREWORD BY WALTER SMITH	11
KEY TERMS.....	12
INTRODUCTION.....	13

CHAPTER 1: DISTANCE AND INTENSITY OF RUNNING IN FOOTBALL 15

1. DISTANCE COVERED DURING GAMES	17
Overall Distance Covered.....	18
Total Distance Covered in High-Intensity Running	20
Changes of Direction (COD)	22
Practice Example: Changing Direction at Speed and Finishing	24
Effects of Eccentric Overload Training on Changes of Direction and Performance.....	25
The Different Physical Demands for Different Playing Positions	26
Variations During Games and Halves.....	29
2. THE IMPACT OF THE SCORE, THE TIME OF DAY AND OTHER VARIABLES	31
Home Advantage in Football	34
Sleep Cycles and Sports Performance.....	35
3. SPECIFIC WORK RATE PROFILES.....	36
Chapter Summary	38
How can I Implement this Information into my Training?	40

CHAPTER 2: PHYSIOLOGICAL DEMANDS OF FOOTBALL 41

1. ENDURANCE TRAINING COMPONENTS (AEROBIC).....	43
Monitoring Heart Rate (HR).....	45
Oxygen Kinetics	50
Carbohydrates: Intake Targets for Athletes	55
Running Economy (CR).....	56
The Effects of Small Sided Games	58
Strategies to Improve Running Economy.....	59
2. SHORT TERM INTENSIVE TRAINING COMPONENTS (ANAEROBIC).....	60
Lactate Threshold and Phosphocreatine System (PCr)	62
Training and Nutrition for Explosive Sports.....	66
Lactate Threshold (LT).....	67
Active Recovery	73
Glycogen Depletion and Hormonal Evolution	74
Repeated Sprint Ability (RSA)	77
High Intensity Interval Training	83



3. SPEED, AGILITY AND COORDINATION DEVELOPMENT84
The Effect of Resisted Sprint Training on Maximum Sprint Kinetics and Kinematics87
Multi-Directional Sprints and Small Sided Games.....	.88
Chapter Summary89
How can I Implement this Information into my Training?91
CHAPTER 3: SPEED TRAINING DRILLS92
Practice Format93
Key93
Speed Reaction Drill94
Speed Endurance Training in a Football Specific Conditioning Drill.....	.95
Acceleration and Explosive Power in a 1 v 1 Duel Finishing Practice96
Speed Endurance in a Functional Practice With a 1 v 1 Duel.....	.97
Speed Endurance and Explosive Power in an Attacking Combination with Finishing.....	.98
Speed and Agility Circuit with One-Two Combination99
Speed Endurance in a Quick Break Away Functional Practice With Finishing100
Speed Endurance Conditioning: Dribble, Sprint and One-Two Combination.....	.101
Dribbling and Speed Endurance in a Continuous Technical Circuit102
One Touch Combination Play in a Speed Endurance Circuit.....	.103
Sprint, Receive, One-Two and Finish in a Speed Endurance Exercise.....	.104
Sprint, Cross and Finish in a Speed Endurance Circuit.....	.105
Speed Endurance and Conditioning in a Position Specific 3 v 2 Practice106
Speed Endurance in a 3 v 2 Attack vs Defence.....	.108
Dynamic Speed Endurance Circuit.....	.109
Quick Reactions and Changes of Direction in a Speed Exercise.....	.110
Acceleration and Reaction Speed in Continuous Passing Channels.....	.111
CHAPTER 4: INJURIES AND PREVENTION TECHNIQUES.....	.112
Introduction113
Injuries in Football: What are the Risk Factors?.....	.115
Injury Statistics in Football116
Injury Prevention Techniques Used in Football117
Effect of an Injury Prevention Programme on Muscle Injuries: Does it Work?.....	.118
Factors Influencing Performance and Chances of Injury119
Likelihood of Injury Based on Hours of Sleep per Night.....	.120
The 'FIFA 11+' Injury Prevention Programme121
What are the Components of a Good Injury Prevention Warm Up?.....	.122
Training Load (Intensity and Volume)123
Training Load Management: Reducing the Risk of Injury.....	.124
How to Limit the Rate of Injuries (Training Load = Volume x Intensity).128
Heart Rate Based Training Intensity and its Impact on the Amount of Injuries129
Chapter Summary130
How can I Implement this Information into my Training?133
CHAPTER 5: WARM UP DRILLS135
Collective Pressing in Formation Warm Up137
Coordination, Agility and Speed Circuit Warm Up138



Continuous Movement in a Technical Warm Up	139
Agility Training with a Tag Game Warm Up	140
Coordination and Agility with One-Two Combination Warm Up.....	141
CHAPTER 6: INJURY PREVENTION, STRENGTH AND CONDITIONING EXERCISES	142
PHASE 1: FOAM ROLLS	143
Foam Roll Release Work	144
Foam Roller: Calf	145
Foam Roller: Lower Back.....	146
Foam Roller: Glutes	147
Foam Roller: Iliotibial Band (ITB)	148
Foam Roller: Hamstrings	149
Foam Roller: Quads	150
Foam Roller: Adductors	151
PHASE 2: GLUTE ACTIVATION	152
Glute Activation: Side Lying Resistance Exercise	153
Glute Activation: Standing Resistance Exercise	154
Glute Activation: Standing Hip Out Resistance Exercise.....	155
Glute Activation: Single Leg Bridge	156
Glute Activation: Exercise Ball Bridge	157
Glute Activation: Extensions.....	158
PHASE 3: CORE DEVELOPMENT	159
Neuromuscular and Athletic Performance Following Core Strength Training	161
Core Development: Straight and Side Plank.....	162
Core Development: Exercise Ball Rollouts	163
Core Development: Exercise Ball Mountain Climber	164
Core Development: Alternate Leg Crossover	165
PHASE 4: FUNCTIONAL STRENGTH.....	166
Preventing Hamstring Injuries	169
Proprioception and Balance Training.....	170
Single Stiff Leg Dead Lift: Ankle, Single Leg Strength, Balance and Stability.....	172
Kettle Bell Split Squats: Single Leg Strength/Stability, Hip Flexibility and Core Development	173
Kettle Bell Sumo Squat: Glutes, Hamstrings and Quadriceps	174
Kettle Bell Swings: Whole Body Strength Exercise	175
Bosu Press Ups: Progressive Core Stabilisation and Anti-Rotation Capability	176
Dead Lift: Glutes, Hamstrings, Quadriceps and Whole Body Exercise	177
Inverted Row: Strengthening the Back and the Core Region	178
BIBLIOGRAPHY	179

