

## Physical abilities

### Endurance

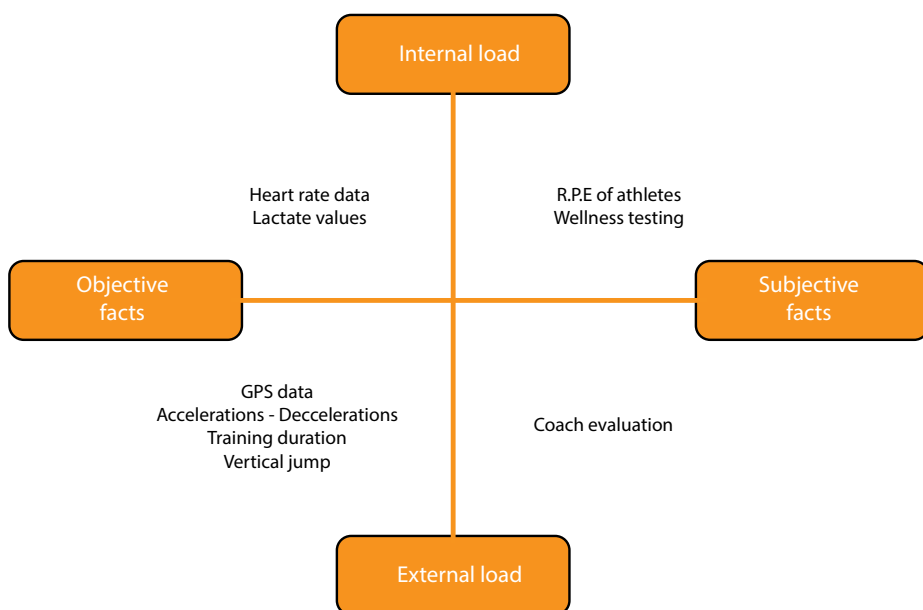
In regards to physical fitness and especially the area of endurance, we must pay careful attention to the internal and external training load that the athlete receives during training.

*Internal load= the physiological and psychological stress induced by training*

*External load = the volume of actions that the player executed quantitatively*

*Subjective facts = facts that inform us of the physiological and psychological situation the athlete is in from the perspective of the athlete himself.*

*Objective facts= facts that inform us and can be measured either through observation or through tests.*



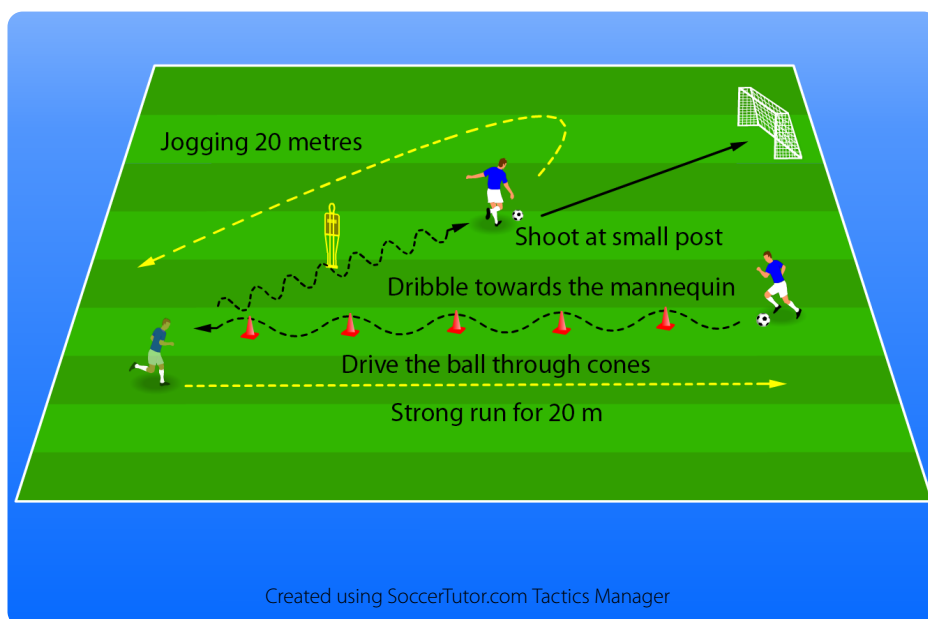
**Image 23:** *Physical fitness.*

The training result is a consequence of the external training load and the stress level that is induced for each player separately (internal load) (Virou & Virou, 2000). In soccer the external load tends to be similar amongst the players



due to the fact that they train as a group, though this does not always result in the same internal load. What we conclude from this is that it is very important to quantify both the external and internal load in order to assess the training process (Morgans et al., 2014).

Many fitness coaches and sports scientists tried to evolve endurance training by making it more complex than running so they introduced the use of the ball and the execution of kinetic patterns that simulate the actions of a player during a game (Little, 2009; Little & Williams, 2007; Gamble, 2006). Observe the example below.



**Image 24:** *Endurance Exercise.*

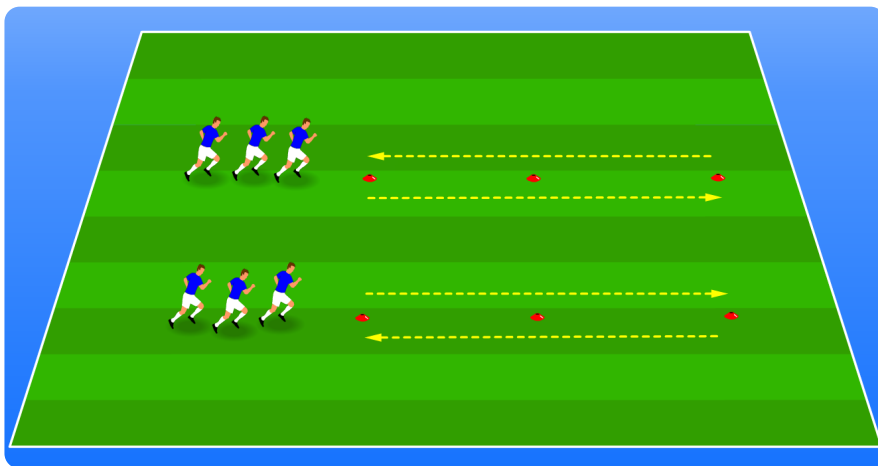
These forms of training have a huge disadvantage because they train one (physical ability) or two aspects of performance (physical ability + technique) but they can not address all four pillars of performance. This results in a waste of precious time as well as creates training loads that you will need to address. If our objective is simply an overload in endurance capacity we can use this

## Planning

Day 6 • Friday

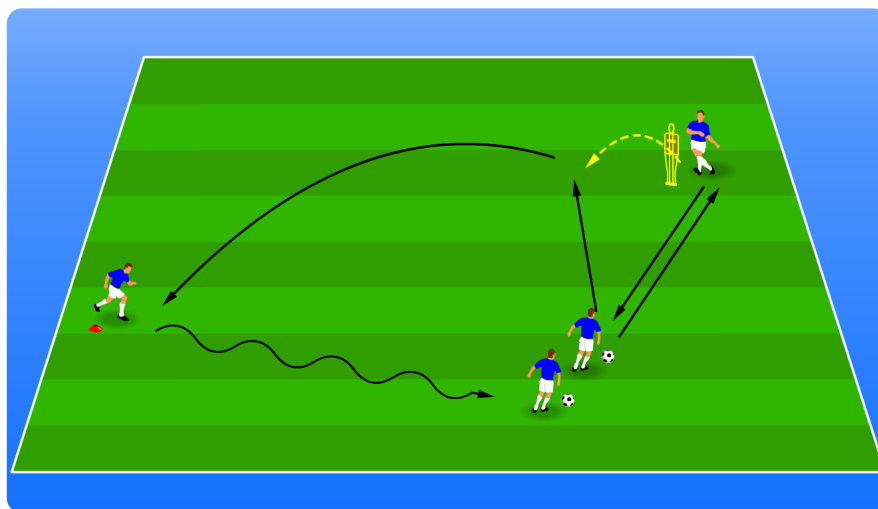
### Morning:

- 1 x 15' general warm-up (see image 49).



**Image 49:** General warm-up drills.

- 1 x 10' technical training (varying), passing drills (see image 50).

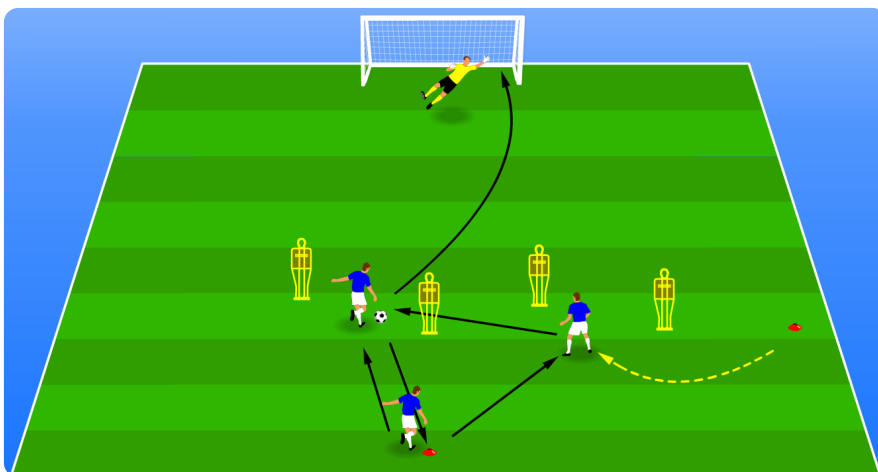


**Image 50:** Passing drill.



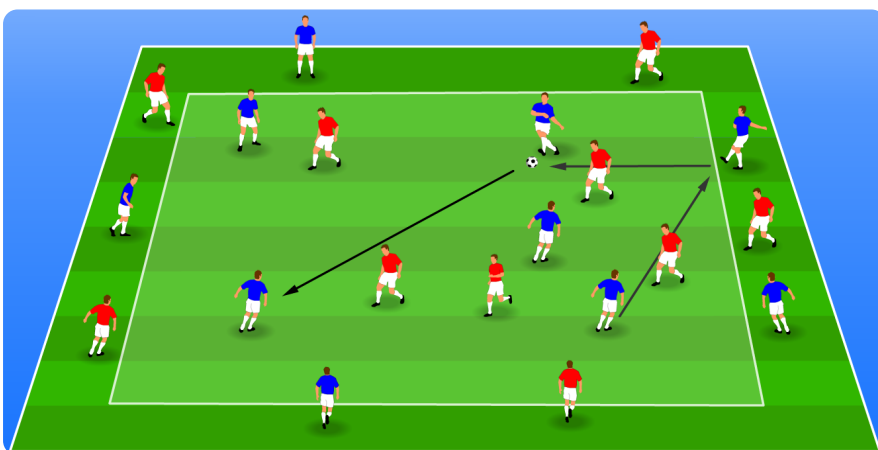
Day 6 • Friday

- 1 x 15' Technical/tactical drills with finishing (see image 51).



**Image 51:** Technical and tactical drills with finishing.

- 2 x 4' with 2' break, ball possession exercise 5 vs 5 with 10 supporters (see image 52).



**Image 52:** Game simulation exercise 5+5 vs 5+5.

- 1 x 5' recovery strategies.

**Afternoon:** Rest