



Centre of Excellence

U14 and U16 Training

Programme

2010 – 2011 season



Centre of Excellence Training Programme

Key Points

- This programme will give you guidance on the type of training that your U14 and U16 players should be completing.
- Some training should be completed with you at the Centre of Excellence and some should be completed in the player's own time.
- Variations of the programme have been suggested depending on which nights your Centre of Excellence trains.
- Exact sets and reps have not been dictated as it will depend what level of intensity your players can cope with.
- There are pre, during and post Christmas training guidelines. This will ensure that players are not always training hard without having appropriate rest / recovery periods.



Training Programme Overview – Pre Christmas

The programmes on this page and the following page give you guidelines for the training that players need to complete on specific days, based around Centre of Excellence training. Where possible it is best to complete the aerobic training during the Centre of Excellence sessions so that you can ensure that the intensity is correct.

The Pre-Christmas training programme includes 2 x aerobic sessions, 1 x speed session and 1 x injury prevention session.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	C of E Training (Aerobic)	Speed	C of E Training (Aerobic)	Injury Prevention (Exercises from Fifa 11+)	Recovery	C of E Game / Blow Out	Recovery

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	C of E Training (Aerobic)	Injury Prevention (Exercises from Fifa 11+)	Speed	C of E Training (Aerobic)	Recovery	C of E Game / Blow Out	Recovery



Training Programme Overview – Pre Christmas

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	Speed	C of E Training (Aerobic)	Injury Prevention (Exercises from Fifa 11+)	C of E Training (Aerobic)	Recovery	C of E Game / Blow Out	Recovery

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	Aerobic	C of E Training (Speed)	C of E Training (Aerobic)	Injury Prevention (Exercises from Fifa 11+)	Recovery	C of E Game / Blow Out	Recovery

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	C of E Training (Speed)	C of E Training (Aerobic)	Injury Prevention (Exercises from Fifa 11+)	Aerobic	Recovery	C of E Game / Blow Out	Recovery



Training Programme Overview – Over Christmas

It is important to ensure that players have a period of reduced training during the season. This prevents players becoming too tired. Also, player's fitness actually improves when they lighten their training load. It is essential to ensure that any period of reduced training does not exceed three weeks.

With the Centres of Excellence following a winter programme the players period of reduced training will be over Christmas.

Players still need to complete some training so that they do not lose the fitness that they have gained in the Autumn,

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	Alternative Sport	Recovery	Speed	Recovery	Aerobic	Recovery	Alternative Sport



Training Programme Overview – Post Christmas

The Post-Christmas training programme includes 2 x aerobic sessions, 2 x speed sessions and 1 x injury prevention session.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	C of E Training (Aerobic)	Speed	C of E Training (Aerobic)	Speed	Injury Prevention (Exercises from Fifa 11+)	C of E Game / Blow Out	Recovery

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	C of E Training (Speed)	Aerobic	Speed	C of E Training (Aerobic)	Injury Prevention (Exercises from Fifa 11+)	C of E Game / Blow Out	Recovery



Training Programme Overview – Post Christmas

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	Speed	C of E Training (Aerobic)	Speed	C of E Training (Aerobic)	Injury Prevention (Exercises from Fifa 11+)	C of E Game / Blow Out	Recovery

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	Aerobic	C of E Training (Speed)	C of E Training (Aerobic)	Speed	Injury Prevention (Exercises from Fifa 11+)	C of E Game / Blow Out	Recovery

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Normal Week	C of E Training (Speed)	C of E Training (Aerobic)	Speed	Aerobic	Injury Prevention (Exercises from Fifa 11+)	C of E Game / Blow Out	Recovery



Aerobic Sessions - Overview

- As discussed at the in-service training days, the goal of the aerobic sessions is to be able to complete:

4 minutes work : 3 minutes recovery X 4 reps

- It may take a bit of time before the players are able to cope with this amount of work. If this is the case, then build up to this by either:

- Reducing the work period
- Increasing the rest period
- Reducing the number of reps

- Once the players can complete this work comfortably, then you can make the session harder by either:

- Increasing the work period
- Reducing the rest period
- Increasing the number of reps



Aerobic Sessions - Overview

- As discussed at the in-service training days, the outcomes of the aerobic sessions can be achieved by either:
 - Small Sided Games
 - Circuit based technical drills (for either a player to complete individually or for a team)
 - Circuit based fitness drills (for either a player to complete individually or for a team)

Don't forget that players need to work as **HARD** as they can for the work period. If the ball is out of play for a large proportion of the time, then you will need to extend the work period. Also, make sure that the size of the area is large enough!

VARIETY IS KEY

- It is a good idea to use a combination of SSG's and circuits so that players do not become bored.
- Also, there may be a tendency for players to "hide" in SSG's so it is important to include some circuit-based work as well.



Aerobic Sessions - Examples

- Small Sided Games – Points to Consider

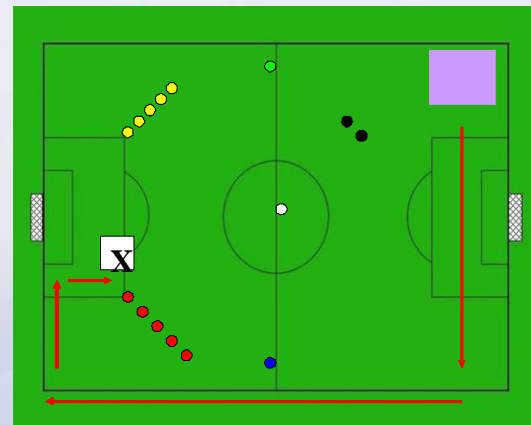
- Make sure the area is large enough
- If players are “hiding” then consider the following rules:
 - Man marking
 - Sprinting to a cone outside of the grid throughout the work period
 - Sprinting to the opposite end of the pitch after a goal is scored
 - Sprinting around the perimeter of the pitch throughout the work period.

- Detail

- Start at point X. Perform fast-feet through the red cones and then stride to the blue cone where you jump up for an imaginary header.
- Stride to the yellow cones and perform a different fast-feet drill through these cones. Stride around the green cone and to the centre circle.
- Dribble the football through the black cones to the far corner of the pitch (purple square).
- Perform 5 headers (you can change this skill each time).
- Then pass the ball back through the black cones and follow the arrows (striding) back to the start position.
- Repeat this drill continuously for the required work period.

Skills List:

- * 5 headers
- * 5 weaker foot keep ups
- * Dribble around the square completing a turn at each corner
- * Head, shoulder, thigh, volley (either all on right or all on left)



Speed Sessions - Overview

- The speed sessions should last for approximately 30-45 minutes (after a thorough warm-up)

TOP TIPS FOR SPEED TRAINING

- Speed work should be **MAXIMAL** players need to sprint as fast as you can for each repetition.
- Players need to have **FULL** recovery after each sprint. A player must be fully **RESTED** before the next sprint. A guideline is that there should be a 1:5 work:rest ratio, so for example, a 2 second sprint should be followed by a 10 second recovery period.
- Try to make all sprints **COMPETITIVE**. A player will sprint faster if they have competition and therefore get more from the session.
- Complete some **STRAIGHT LINE** sprinting and some **AGILITY** work (where a change of direction is incorporated).



Speed Sessions - Examples

Speed 1 –

Directional changes and Reaction Time:

Ideally you need somebody to help you with this drill.

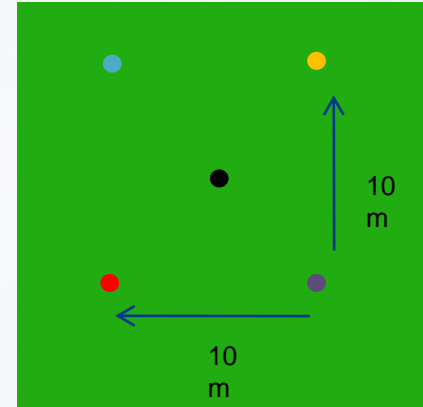
Start on the black cone, the helper will shout a colour (red/yellow/blue/purple).

Sprint to that cone.

Once at that cone the helper will shout another colour and you must sprint to that cone.

Distance = ~20m. Reps = 10. Recovery = at least 1:5 ratio.

Record your time and try to beat it with each attempt.



Speed 2 – Shooting:

The server starts on the black cone and the worker on the red.

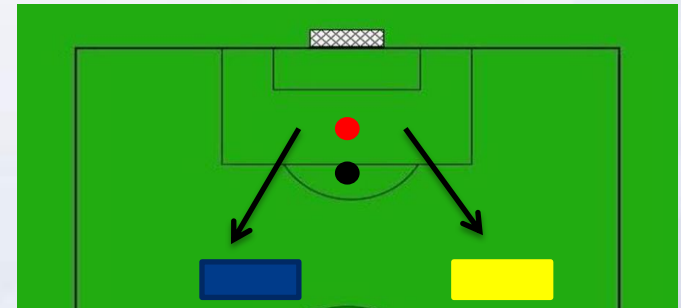
The server plays the ball to the worker who turns and shoots.

Both server and shooter must then sprint to either the blue or yellow box (each to a different box).

Distance = 20 - 30m. Reps = 10. Recovery = at least 1:5 ratio.

Technical Detail:

- * Target areas (corners)
- * If you don't have a GK then put cones/poles in the corners of the goal and aim for them.



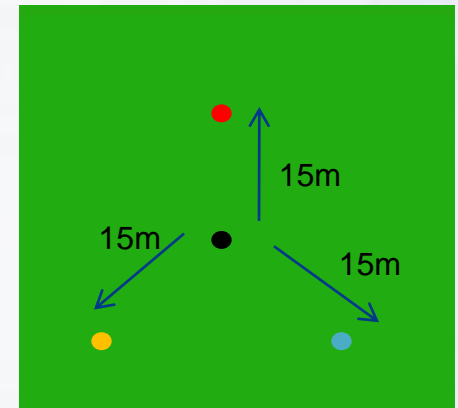
Speed Sessions - Examples

Speed 3 –

Directional Sprints and Reaction Time:

Sprint maximally from the black cone to either the red, blue or orange cones.
Distance = 15m. Reps = 10. Recovery = at least 1:5 ratio.

Use the different starting positions and cues from Speed sessions 1 and 2.

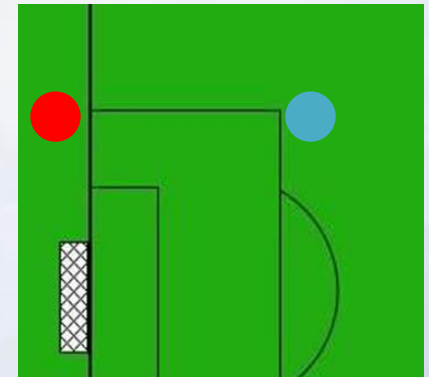


Speed 4 – Different Starting Positions:

Sprint maximally from the red cone to the blue cone (distance = 18yds or 15m).
Distance = 18 yds or 15m. Reps = 10. Recovery = at least 1:5 ratio.

Different starting positions:

- Sprints 1 & 6: facing forwards bouncing on toes
- Sprints 2 & 7: facing backwards bouncing on toes
- Sprints 3 & 8: kneeling on the floor
- Sprints 4 & 9: sat on the floor
- Sprints 5 & 10: laying on the floor



Speed Sessions - Examples

Speed 7 – Multi-Directional Movements:

The worker starts on the black cone.

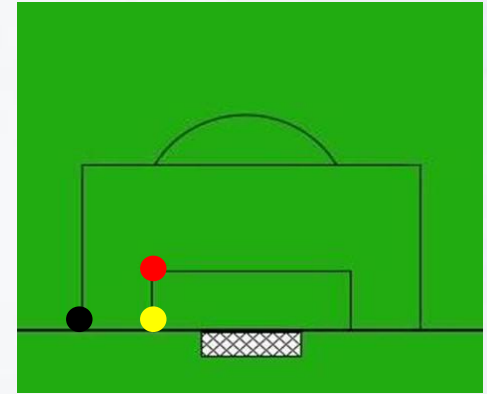
You must sprint from black to red to yellow.

Ensure that you use a different movement pattern each time. For example, forwards, sideways shuffle and then back pedal etc etc.

Distance = 10 - 15m. Reps = 10. Recovery = at least 1:5 ratio.

Technical Detail:

- * Sharp changes of direction.
- * Keep centre of gravity low when turning



Speed 8 –

Straight line sprints – reading the cues:

Ideally you need somebody to help you with this drill.

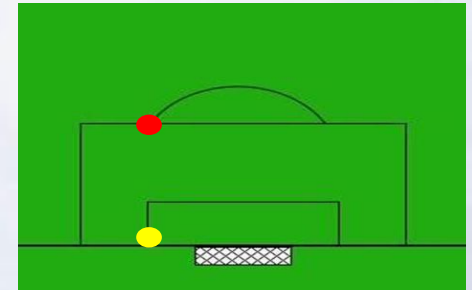
Start on the yellow cone, the helper will stand just in front of you.

You sprint from the yellow to the red cone.

However, for each rep you will work off a different cue. So it might be a verbal or visual cue.

Distance = ~15m. Reps = 10. Recovery = at least 1:5 ratio.

Record your time and try to beat it with each attempt.



Injury Prevention Exercises – FIFA 11+

7 THE BENCH

PART 2 STRENGTH · PLYOMETRICS · BALANCE



7.1 STATIC



Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders.

Exercise: Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles and hold the position for 20-30 sec. **3 sets.**

Important: Do not sway or arch your back. Do not move your buttocks upwards.

7.2 ALTERNATE LEGS



Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders. **Exercise:** Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. **3 sets.**

Important: Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis stable and do not let it tilt to the side.

7.3 ONE LEG LIFT AND HOLD



Starting position: Lie on your front, support upper body with forearms. Elbows directly under your shoulders. **Exercise:** Lift upper body, pelvis and legs up until your body is in a straight line. Pull in stomach and gluteal muscles. Lift one leg about 10-15cm off the ground and hold the position for 20-30 sec. Repeat with other leg. **3 sets. Important:** Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis is stable and do not let it tilt to the side.



Injury Prevention Exercises – FIFA 11+

8 SIDWAYS BENCH

PART 2 STRENGTH · PLYOMETRICS · BALANCE



8.1 STATIC



Starting position: Lie on your side with the knee of lowermost leg bent to 90 degrees, support yourself on forearm and lowermost leg. Elbow of supporting arm directly under shoulder. **Exercise:** Lift pelvis and uppermost leg until they form a straight line with your shoulder and hold the position for 20-30 sec. Repeat on other side. **3 sets. Important:** Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders, pelvis or leg forwards or backwards.

8.2 RAISE & LOWER HIP



Starting position: Lie on your side with both legs straight, support yourself on forearm. Elbow of supporting arm directly under shoulder. **Exercise:** Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lower hips to the ground and raise them back up again. Continue for 20-30 sec. Repeat on other side. **3 sets. Important:** Do not tilt shoulders or pelvis forwards or backwards. Do not rest head on your shoulder.

8.3 WITH LEG LIFT



Starting position: Lie on your side with both legs straight, support yourself on forearm and lower leg. Elbow of supporting arm directly under shoulder. **Exercise:** Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lift uppermost leg up and slowly lower it down again. Continue for 20-30 sec. Repeat on other side. **3 sets. Important:** Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders or pelvis forwards or backwards.



Injury Prevention Exercises – FIFA 11+

9 HAMSTRINGS

PART 2 STRENGTH · PLYOMETRICS · BALANCE



9.1 BEGINNER

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.

Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **3-5** repetitions.

Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.



9.2 INTERMEDIATE

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.

Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **7-10** repetitions.

Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.



9.3 ADVANCED

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.

Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. Min. **12-15** repetitions.

Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.



Injury Prevention Exercises – FIFA 11+

11 SQUATS

PART 2 STRENGTH · PLYOMETRICS · BALANCE



11.1 WITH TOE RAISE

Starting position: Stand with feet hip-width apart, hands on your hips. **Exercise:** Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Then straighten upper body, hips and knees, and stand up on your toes. Then slowly lower down again, and straighten up slightly more quickly. Repeat for 30 sec. **2 sets.**
Important: Do not let your knee buckle inwards. Lean upper body forward with a straight back.



11.2 WALKING LUNGES

Starting position: Stand with feet hip-wide apart, hands on your hips. **Exercise:** Lunge forward slowly at an even pace. Bend hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. 10 lunges on each leg. **2 sets.**
Important: Do not let your knee buckle inwards. Keep upper body straight and pelvis horizontal.



11.3 ONE-LEG SQUATS

Starting position: Stand on one leg, loosely hold on to your partner. **Exercise:** Slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Bend slowly then straighten slightly more quickly. Repeat on the other leg. 10 squats on each leg. **2 sets.**
Important: Do not let your knee buckle inwards. Keep upper body facing forward and pelvis horizontal.



Injury Prevention Exercises – FIFA 11+

10 SINGLE-LEG STANCE

PART 2 STRENGTH · PLYOMETRICS · BALANCE



10.1 HOLD THE BALL

Starting position: Stand on one leg, knee and hip slightly bend and hold the ball in both hands. **Exercise:** Hold balance and keep body weight on the ball of your foot. Hold for 30 sec., and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly or passing the ball around your waist and/or under your other knee. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



10.2 THROWING BALL WITH PARTNER

Starting position: Stand on one leg, face a partner at a distance of 2-3m. **Exercise:** Keep balance while you throw the ball to one another. Hold in your stomach and keep weight on the ball of your foot. Continue for 30 sec. and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



10.3 TEST YOUR PARTNER

Starting position: Stand on one leg, at arm's length from your partner. **Exercise:** Keep balance while you and your partner in turn try to push the other off balance in different directions. Continue for 30 sec. and repeat on the other leg. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



Injury Prevention Exercises – FIFA 11+

12 JUMPING

PART 2 STRENGTH · PLYOMETRICS · BALANCE



12.1 VERTICAL JUMPS

Starting position: Stand with your feet hip-width apart, hands on your hips. **Exercise:** Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Hold this position for 1 sec. then jump as high as you can, and straighten whole body. Land softly on the balls of your feet. Repeat for 30 sec. **2 sets. Important:** Jump off both feet. Land gently on the balls of both feet with your knees bent.



12.2 LATERAL JUMPS

Starting position: Stand on one leg. Bend hips, knee and ankle slightly and lean upper body forwards. **Exercise:** Jump from your supporting leg approximately 1m to the side onto the other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump on the other leg. Repeat for 30 sec. **2 sets. Important:** Do not let your knee buckle inwards. Keep upper body stable and facing forward and pelvis horizontal.



12.3 BOX JUMPS

Starting position: Stand with feet hip-width apart, imagine a cross you are standing in the middle of. **Exercise:** Jump with both legs forwards and backwards, from side to side, and diagonally across the cross. Keep upper body slightly leaned forwards. Jump as quickly and explosively as possible. Repeat for 30 sec. **2 sets. Important:** Land softly on the balls of both feet. Bend hips, knees and ankles on landing. Do not let your knee buckle inwards.



Blow Out

- As discussed at the in-service training days, the goal of the blow out session is to be able to complete:

AEROBIC: 4 minutes work : 3 minutes recovery X 2 reps

SPEED ENDURANCE: 15secs work : 30secs recovery X 6 reps

- When should a blow out be completed and by who?
 - If a player has not played the majority of the game
 - If the centre have not played a game for a number of weeks

