

# WEDNESDAY TRAINING DAY PRACTICES: **SPEED ENDURANCE**

**3 DAYS UNTIL MATCH** (MD +4/-3)

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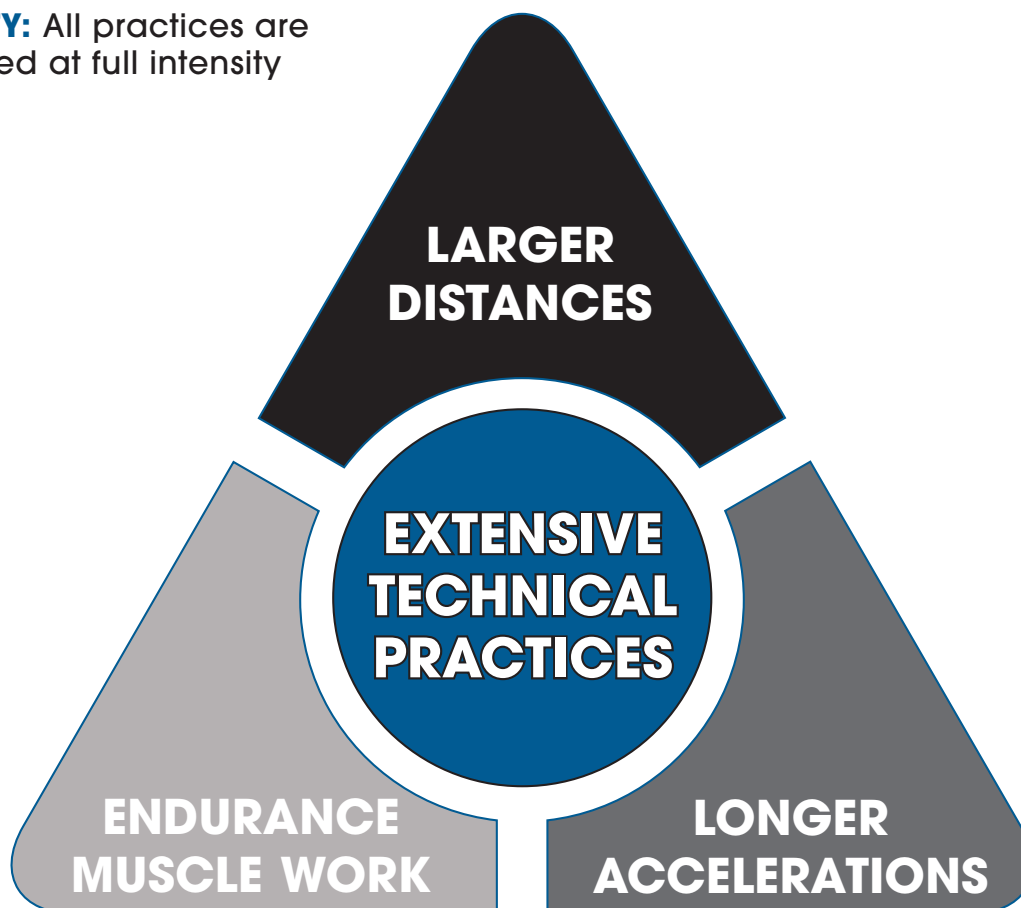
## **WEDNESDAY TRAINING SESSION (85-95 min)**

Collective Team Principle Training and Speed Endurance Development:

1. Speed Endurance Warm-up (10-12 min)
2. Extensive Technical Practice (12-15 min)
3. Speed Endurance Conditioning Practice (5-15 min)
4. Large Sided Possession (10-15 min)
5. Large Sided Game in Large Area (10-50 min)

## WEDNESDAY - 3 DAYS UNTIL MATCH (MD +4/-3): Extensive Technical Practices

**INTENSITY:** All practices are performed at full intensity



### What are Extensive Technical Practices?

- Larger surface areas with longer passing ranges included within them (20+ metres).
- Larger surface areas to engage the key muscle groups required for the training session to follow.
- Longer acceleration and decelerations in larger spaces and training areas.
- They should be focused on keeping with the flow of the training day and working muscle groups on this particular day.

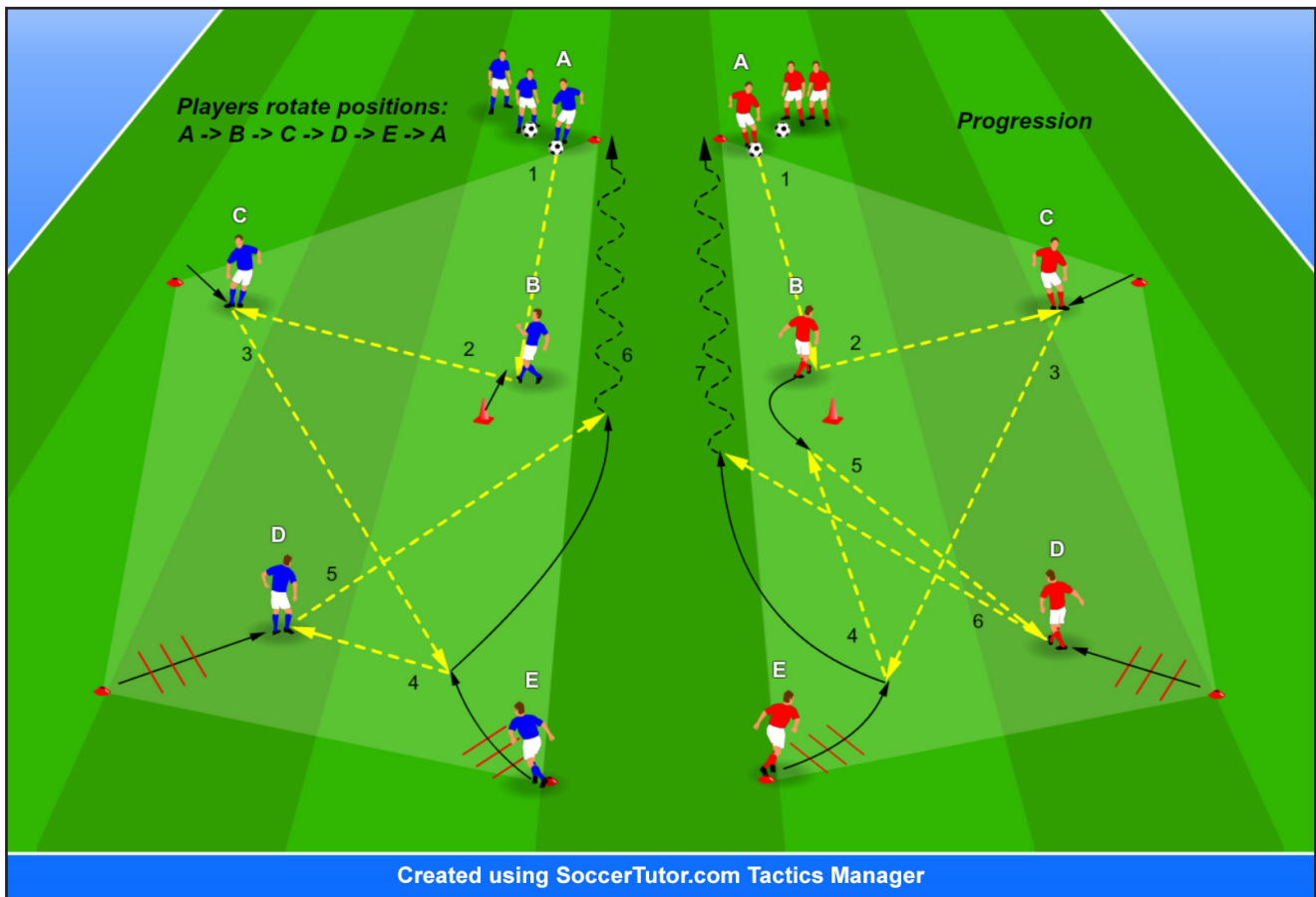
### Why are they used on this day of the training week (MD +4/-3)?

- To prepare the players for the larger surface area type work developed through the course of the session.

### How does this help to maximise performance?

- As a way of preparing the players muscles used for covering larger distances, longer acceleration and deceleration efforts.
- Generally readying the body for the session ahead in the larger spaces (large sided games).

# Extensive Technical 4: Fast Combination Play in a Pass & Move Drill with Final "Give & Go"



## PRACTICE INFORMATION

<b>Duration</b> 15 min	<b>Reps</b> 3 min	<b>Sets</b> 4	<b>Numbers</b> 14-20	<b>Size (m)</b> 40 x 30	<b>Work Duration</b> 12 min
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**PRACTICE OBJECTIVES (2 BALLS):** Ball speed (correct weight), timing of run, pass placement

	Volume Metrics	Practice Total	Per Min. of Work		Intensity Metrics	Practice Total	Per Min. of Work
	Total Distance (km)	1.41	0.12		Max Speed (m/s)	6.66	
	High Speed Running (m)	57.82	4.82		Intensity (m/min)		94.39
	Sprint Distance (m)	4.08	0.34		Power Score (w/kg)	7.98	
	Work Ratio (%)	43.55			No. of Max Accels >4m <sup>2</sup>	20.96	1.75
	Power Plays (HiActs)	12.44	1.04		No. of Max Decels >4m <sup>2</sup>	6.84	0.57

\* The data shows the physical output per player based on research from elite level teams - see pages 81-83 for details

# The Benefit of the Data for Each Practice (Volume and Intensity Metrics)

WEDNESDAY Practices: Speed Endurance - 3 Days Until Match (MD +4/-3)

**Extensive Technical 3: Pass Inside to Outside at Speed in a Practice with Middle Players**

Players rotate positions: A → B → C → D → E → F → A

Created using SoccerTutor.com Tactics Manager

**PRACTICE INFORMATION**

- Duration: 15 min
- Reps: 3 min
- Sets: 4
- Numbers: 10-14
- Size (m): 30 x 30
- Work Duration: 12 min

**PRACTICE OBJECTIVES (2 BALLS):** Ball speed (correct weight), timing of run, pass placement

Volume Metrics	Practice Total	Per Min. of Work	Intensity Metrics	Practice Total	Per Min. of Work
Total Distance (km)	1.144	0.095	Max Speed (m/s)	5.04	
High Speed Running (m)	0.98	0.082	Intensity (m/min)		74.61
Sprint Distance (m)	-	-	Power Score (w/kg)	6.24	
Work Ratio (%)	16.92		No of Max Accels >4m <sup>2</sup>	15.81	1.317
Power Plays (HiActs)	20.34	1.695	No of Max Decels >4m <sup>2</sup>	4.14	0.345

\* The data shows the physical output per player based on research from elite level teams - see page 81 for details

## Where does the data come from?

The data is collected from the elite professional level using GPS tracking equipment.

## How can coaches of all levels learn from this data?

In my role as a **coach educator** for Level 2, UEFA B, UEFA A and UEFA Pro Licence, all of the coaches have been extremely excited to have access to the data included in this book.

The information provides a method for all coaches tasked with the performance development of players. The data provides key information from the professional level (average per player), in order to educate the differences between different types of practices and their specific physical loads for coaching at all levels.

It is extremely important to understand how different practices produce specific outcomes and physical development stresses to the players within those sessions. This is key for **tapering sessions and weekly training plans to reduce the risk of injury and for optimising the specific coaching focus from a physical conditioning perspective.**

## Why are the volume and intensity metrics useful information to have for each practice?

The values give the readers an understanding of the demands imposed on players. It is extremely important to understand how different practices produce different physical outcomes and stresses. The data figures show you this e.g. Total Distance Covered (m), Work Ratio (%), Sprint Distance (m), etc.

## How can this data help me optimise my training plan to produce maximum (peak) level performances?

Selection of practices in the book will generate a better understanding of the physical demands imposed by individual practices and accumulative total sessions over a period of time.

Understanding the physical demands on specific training practices and sessions is a vitally

important aspect of the modern coaching strategy to maximise all aspects of training.

The main aim of any training load management process is to provide the individuals involved in the football development of players to positively evaluate and interpret the data they have available to them.

The main point is that all coaches need to now be aware of this information and data, so they can produce the best possible results.

If the same mistakes keep occurring without monitoring relationships between training load and the game, then we may just be guessing, potentially regressing the players development, and providing poor quality training to our players...

# KEY TERMS

## VOLUME METRICS FOR ALL PRACTICES



### Total Distance (km)

Total distance provides a full representation of volume of exercise (walking, running, sprinting, jogging) and is a very simple way of assessing individual effort within the practice or game.



### High Speed Running (m)

HSR is distance travelled above speeds of 5.5 metres per second. Greater amounts of high speed running signify a high level of the game or football fitness, however different playing surface areas influence this metric assessed within training. Players will commonly cover HSR distances above 1000-1500m depending on position, maximum speed and fitness levels.



### Sprint Distance (m)

Sprint distance is calculated as total distance covered above 7 metres per second. The capacity of players to achieve this is generally higher amongst elite professional players. The playing area significantly influences this value as small sided, reduced areas lower the sprint opportunities. Greater amounts of sprinting signify a high level of game or sport fitness.



### Work Ratio (%)

This is defined as the percentage of time the player was performing work or movements. The work is defined as walking or running at speeds higher than 1.5 metres per second (slow to moderate walk for most people). Work ratio in general can be associated with the amount of time a player is working compared to resting during a training session, or game phase.



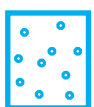
### High Metabolic Load Distance (HMLD)

HMLD measures the total amount of high speed running performed, coupled with the total distance of accelerations and decelerations throughout a session.



### Power Plays (HiActs)

This is defined as a significant action (such as acceleration or high speed running event) in which the power output performed by the player was above 20 watts per kg of body weight. Counting power plays gives you an indication of the number of intense actions the players performed in the practice or game. These are obviously far more physically demanding.



### Player Density (m<sup>2</sup>)

The quantity per unit of playing space per player, which is calculated as follows:  
 Length of pitch x width of pitch, divided (÷) by the number of players on the pitch.

## INTENSITY METRICS FOR ALL PRACTICES



### Max Speed (m/s)

Max speed is defined in this book as the fastest maximum speed achieved and sustained for at least half a second. They are represented as metres per second (m/s). For most players, 8.5m/s can be considered quick, but when we compare to elite level sprinters such as world record holder and legendary athlete Usain Bolt, he achieved regular speeds ~11.1m/s.



### Intensity (m/min)

Distance per minute provides the coaches and players with an overall representation of how hard, or how intense they have worked. Professional players within competitive match play can achieve between 112–135 m/min, however these results are different depending on the tactical strategy played, and positional differences of the individual players.



### Power Score (w/kg)

Calculated as watts (w) divided by your body weight in kilograms (kg) = w/kg. This provides an insight into the power output used per kg of the player's weight and is used to gauge the intensity of training practices with high work-rates within a small area e.g. Small sided games. Practices are considered intense when the power score is above 10 w/kg. Amongst amateur football players, values of 7–8 w/kg are normal.



### Number of Max Accelerations >4m<sup>2</sup>

Number of accelerations performed in the practice/drill or session that are greater than 4 metres per second<sup>2</sup>. These are the higher, more explosive accelerations that demand significant energy, strength and power.



### Number of Max Decelerations >4m<sup>2</sup>

Number of decelerations performed in the practice/drill or session that are greater than 4 metres per second<sup>2</sup>. These are the higher, more explosive decelerations that demand significant energy, strength and power.



### Max Acceleration Distance (m)


Total distance accumulated within the session through accelerations performed greater than 4 metres per second<sup>2</sup>. These are the higher, more explosive acceleration distances.



### Max Deceleration Distance (m)

Total distance accumulated within the session through decelerations performed greater than 4 metres per second<sup>2</sup>. These are the higher, more explosive deceleration distances.

# FOOTBALL PERIODIZATION TO MAXIMISE PERFORMANCE




min	70-75 min	85-95 min	60-75 min	45-60 min
Recovery	Resistance	Speed Endurance	Recovery Speed	Activation
Monday	Tuesday	Wednesday	Thursday	Friday

- Session Design
- The Training Week
- Tapering Strategy
- 102 Practices
- Youth to Pro

**Adam Owen PhD**

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