



SPARQ

ENERGY SYSTEMS DEVELOPMENT

ENDURANCE TRAINING: PRE-SEASON

A black and white photograph capturing a dynamic moment during a soccer match. In the foreground, a player in a dark jersey with a USA crest and a Nike logo is running towards the camera with a focused expression. Behind him, another player in a similar jersey is also running. To the right, a soccer ball is visible on the grass. The background is filled with a blurred crowd of spectators, suggesting a stadium setting. The overall mood is energetic and competitive.

JUST PLAY!

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THE INFORMATION CONTAINED WITHIN THIS DOCUMENT IS FROM AN ACTUAL PRE-SEASON AND IN-SEASON PROGRAM WITH WORLD CLASS PLAYERS IN THE ENGLISH PREMIER LEAGUE.

The sets, repetitions, rest periods and progressions should not be automatically used with 15 - 18 year olds as it is important to establish the “start point” for each category.

The aim for each of the large, moderate and small sided games is to overload each player within each session without causing undue fatigue. The point at which the quality of the session deteriorates is often when players are starting to accumulate fatigue.

WARNING! Sport training can result in serious injury. Exercise should not be conducted without proper instructions or supervision, or without first consulting a physician. Use of the information in the SPARQ Pre-Season Energy Systems Program implies an understanding of these risks and releases Nike, Inc., it's trainers and affiliates from any and all damages.

TO IMPLEMENT THE APPROACH AND STAY WITHIN SAFE BOUNDARIES FOR 15 - 18 YEAR OLDS FOLLOW THESE STEPS:

LARGE SIDED GAMES

EXTENSIVE ENDURANCE = AEROBIC SYSTEM

11 v 11 • 8 v 8

Play 3 x 8 minute games with 2 minutes rest between games and play a fourth game but stop the game at any point if you observe any tiredness or lack of quality.

If you are able to play 3 x 7 minutes and 1 x 6 minutes (27 minutes) then your start point = 3 x 9 minutes (27 minutes).

Increase each game by 1 minute every session thereafter. (3 x 10 minutes, 2 minutes rest etc etc)

MODERATE SIDED GAMES

INTENSIVE ENDURANCE = AEROBIC SYSTEM

7 v 7 • 5 v 5

Play 4 x 3 minute games with 2 minutes rest between games and play a fifth and sixth game but stop the game at any point if you observe any tiredness or lack of quality in game 5 or 6.

If you are able to play 5 x 3 minutes (15 minutes) then your start point = 3 x 5 minutes (15 minutes).

Increase each game by 30 seconds every session thereafter. (3 x 5.5 minutes, 2 minutes rest etc etc)

SMALL SIDED GAMES

INTERVAL ENDURANCE TRAINING = GLYCOLYTIC SYSTEM

4 v 4 • 3 v 3

Play 1 x 6 x 1 minute games with 1 minute rest between games but stop the game at any point if you observe any tiredness or lack of quality.

If you are able to play 1 x 5 x 1 minutes (5 minutes) then your start point = 1 x 5 x 1 minutes (5 minutes).

Increase repetitions by 1 game every session thereafter up to 6 then have 4 minutes rest between sets (1 x 6 x 1 minutes, 4 minutes rest then 1 x 1 minute up to 2 x 6 x 1 minute, 1 minute rest 4 minutes rest between sets etc etc)

PRE-SEASON TRAINING

SCHEDULE OVERVIEW

WEEK 1

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Prevention	11v11 Endurance 1	Recovery	Prevention	11v11 Endurance 1	Recovery	Rest

11 V 11 SOCCER FITNESS

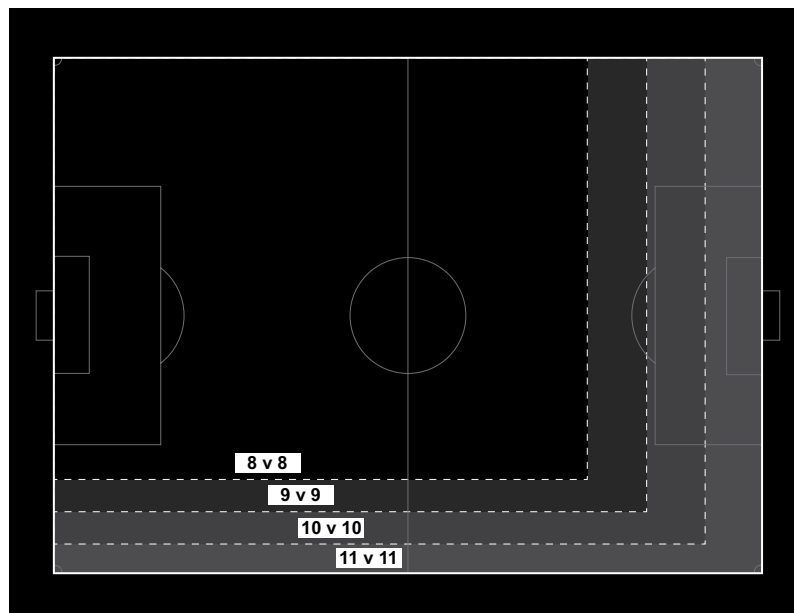
SESSION	NUMBER OF GAMES	MINUTES PER GAME	TOTAL MINUTES	REST BETWEEN GAMES (MIN.)
1	3	10	30	2
2	3	11	33	2
3	3	12	36	2
4	3	13	39	2
5	3	14	42	2
6	3	15	45	2

- 11 V 11 games form the foundation of the ability to maintain the pace of the game.
- Breaking the game up into small parts with rest periods will enhance the quality of work, and allow players to maintain such quality.
- Increasing the time spent during each game will create a greater training effect time and time again in a safe environment.

* TIMINGS WILL VARY DEPENDING ON AGE GROUP

11 V 11 PITCH DIMENSIONS

NUMBER OF PLAYERS PER TEAM	LENGTH	WIDTH
11	100m	50m
10	90m	45m
9	80m	40m
8	70m	35m



- Number of players available may prevent the ability to perform 11 a side games.
- For the purpose of developing the ability to maintain the pace of the game, the same training effect can be achieved providing the number of players per team is at least 8 players a side.
- For every player less per team however, the pitch dimensions should be reduced.

PRE-SEASON TRAINING

SCHEDULE OVERVIEW

WEEK 2

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Prevention	11v11 Endurance 1	Recovery	Prevention	11v11 Endurance 1	Recovery	Rest
2	Prevention	11v11 Endurance 2	Recovery	Prevention	Prevention	Game 1	Recovery

PRE-SEASON TRAINING

SCHEDULE OVERVIEW

WEEK 3

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Prevention	11v11 Endurance 1	Recovery	Prevention	11v11 Endurance 1	Recovery	Rest
2	Prevention	11v11 Endurance 2	Recovery	Prevention	Prevention	Game 1	Recovery
3	Rest	Prevention	7v7 Endurance 1	Active Recovery	Prevention	Game 2	Recovery

7 V 7 SOCCER FITNESS

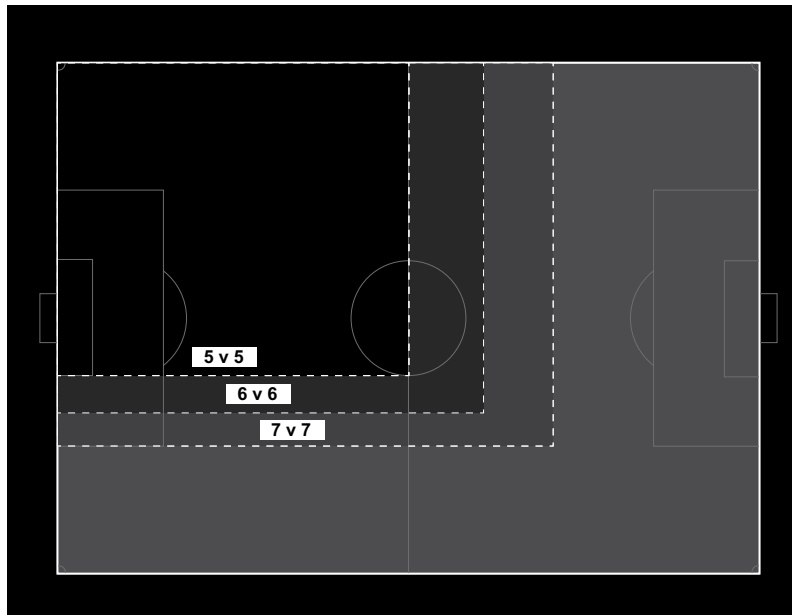
SESSION	NUMBER OF GAMES	MINUTES PER GAME	TOTAL MINUTES	REST BETWEEN GAMES (MIN.)
1	4	6	24	2
2	4	6.5	26	2
3	4	7	28	2
4	4	7.5	30	2
5	4	8	32	2

- To further develop match specific fitness, 7 v 7 games increase the ability to maintain the pace of the game.
- Breaking the game up into small parts with rest periods will enhance the quality of work each game and allow players to maintain such quality.
- Increasing the time spent during each game will create a greater training effect time and time again.

* TIMINGS WILL VARY DEPENDING ON AGE GROUP

7 V 7 PITCH DIMENSIONS

NUMBER OF PLAYERS PER TEAM	LENGTH	WIDTH
7	60m	30m
6	50m	25m
5	40m	20m



- Number of players available may affect the ability to perform 7 a side games.
- For the purpose of further developing foundation fitness through soccer and the ability to maintain the pace of the game, the same training effect will be achieved providing the numbers of player per team is between 5 and 7 a side.
- For every player less per team however, the pitch dimensions should be reduced.

PRE-SEASON TRAINING

SCHEDULE OVERVIEW

WEEK 4

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Prevention	11v11 Endurance 1	Recovery	Prevention	11v11 Endurance 1	Recovery	Rest
2	Prevention	11v11 Endurance 2	Recovery	Prevention	Prevention	Game 1	Recovery
3	Rest	Prevention	7v7 Endurance 1	Active Recovery	Prevention	Game 2	Recovery
4	Rest	Prevention	7v7 Endurance 2	Active Recovery	Prevention	Game 3	Recovery

PRE-SEASON TRAINING

SCHEDULE OVERVIEW

WEEK 5

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Prevention	11v11 Endurance 1	Recovery	Prevention	11v11 Endurance 1	Recovery	Rest
2	Prevention	11v11 Endurance 2	Recovery	Prevention	Prevention	Game 1	Recovery
3	Rest	Prevention	7v7 Endurance 1	Active Recovery	Prevention	Game 2	Recovery
4	Rest	Prevention	7v7 Endurance 2	Active Recovery	Prevention	Game 3	Recovery
5	Rest	Prevention	4v4 Endurance 1	Active Recovery	Prevention	Game 4	Recovery

4 V 4 SOCCER FITNESS

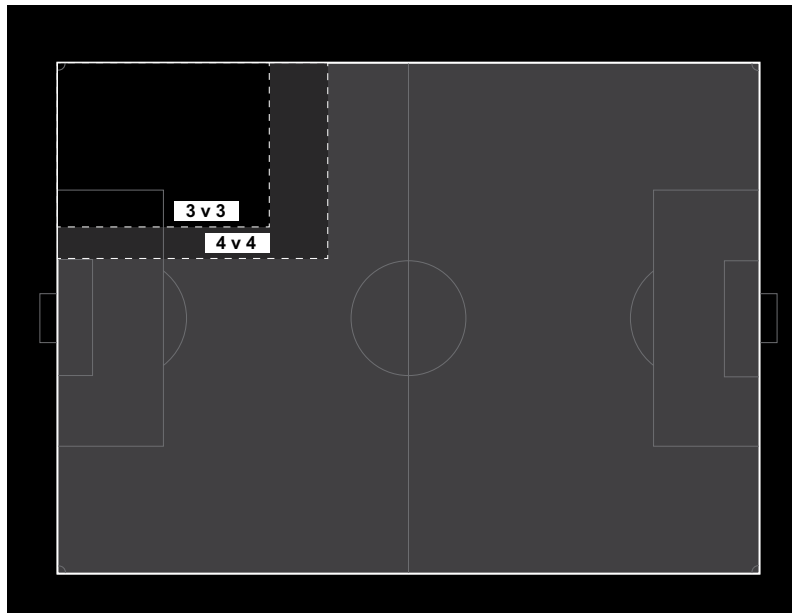
SESSION	NUMBER OF GAMES	MINUTES PER GAME	TOTAL MINUTES	REST BETWEEN GAMES (MIN.)
1	2x6	1	12	1/4
2	2x6	1.5	15	1/4
3	2x6	2	18	1/4
4	2x6	2.5	21	1/4
5	2x6	3	24	1/4
6	2x6	3.5	27	1/4

- 4 v 4 games increase the ability to recover.
- Playing lots of short games with rest periods in between will enhance the quality of work observed each game and allow players to recover quickly and maintain such quality.
- By increasing the time spent during each game each time the sessions are revisited will create a greater training effect time and time again in a safe environment.

* TIMINGS WILL VARY DEPENDING ON AGE GROUP

4 V 4 PITCH DIMENSIONS

NUMBER OF PLAYERS PER TEAM	LENGTH	WIDTH
4	30m	20m
5	20m	15m



- Number of players may affect the ability to perform 4 a side games.
- For the purpose of developing the ability to recover, the same training effect will be achieved providing the number of player per team is 3 or 4 a side.
- For 3 v 3 however, the pitch dimensions should be reduced.

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