

# Player Loading / Player Conditioning

By Physiohealth

# Training Game Specific = Sports Conditioning



Developing Deeply Ingrained Motor  
Programmes where;

- ▶ Movements encoded in the brain system
- ▶ Automatism
- ▶ More time for scanning/decision making
- ▶ Physical and Mental conditioning

Put players in a range of situations with  
specific game resistance to affect their future  
game performance

# Building a training session

Session Objective	
Session Content	
1. Passing Practice	A 'chain of learning'
1. Positioning Games	
1. Game Training	
1. Training Game	'Did they learn?'

# Player Loads

- ▶ Why is it important?
- ▶ How do we measure this eg. Questionnaires
- ▶ For what age groups is this important?
- ▶ Differences between age groups
- ▶ Injury Prevention

# Type of injuries

- ▶ Predominately overuse in nature
- ▶ Adults
  - Tendonopathy, impingement, bursitis, chronic soft tissue injuries
- ▶ Adolescents:
  - Osgood Schlatter's, Sever's, Stress fractures, avulsions, Disc bulges

# What to measure

- ▶ The freshness scale (1–10 on how a player is feeling that day, thus the work load that will undertake for that session)
- ▶ RPE: intensity the player perceives the session to be. Compare this with the coach's perception
- ▶ How quickly player recovers from session; HRs, freshness scale
- ▶ Age
- ▶ Current/ Previous Injury and Medical History
- ▶ What are they doing away from training? Be aware of load from other sports
- ▶ Use software/ web based athlete questionnaires

# Conditioning

- ▶ Not just about being “FIT”.
  - You can have the aerobic fitness but be “unfit”
  - Just because you can run does not mean you are fit enough to play football and rugby
  
- ▶ Needs to be sport specific
  - Body needs to be conditioned to perform the specific task
  - Different positions in the same sport require different levels of fitness
  - Eg AFL/soccer Forward V Midfield V Goalkeeper



# Benefits of Specific Conditioning



- ▶ Specific
  - Activity
  - Duration
  - Frequency
  - Positional
  - Intensity
  - Decision making

# Benefits of being Conditioned

- ▶ Increased
    - Strength
    - Aerobic capacity
    - Anaerobic capacity
    - Agility
    - Power
    - Core stability
    - Flexibility
- = INJURY PREVENTION

# How much is too much?

- ▶ Overtraining
- ▶ Fatigue
- ▶ Plan a recovery week during pre-season

# Age Limitations

- ▶ Body doesn't develop aerobic capacity til after puberty
- ▶ <16yrs of age
  - Pointless
  - Tactical, technical, game awareness
  - Mainly Cognitive
  - Rest period is good to refresh the mind
  - Acquiring the appropriate technical foundation
  - LOVING THE GAME

# Age Differences

U-8	Learning the game through fun and small games. Coach is providing joy and fun for all
U-10	Building interest in the sport, developing basic techniques and skills through game
U-12	Developing the technique through special trainings, developing the tactical side
U-14	Focus on tactics and formation, all players need to know their role
U-16	Players understand the demands of the coach and can fulfill these demands, better understanding about the positional game. Players use their best skills to bring the success for the team, improvement in teamwork
U-17	Each player needs to prove himself, focus on physical preparation
U-19 & above	The best players should be ready to join their first team. Technical, tactical and mental skills must meet the requirements of the Premier Division. Physical development continues, working on stamina and speed. Communication on the field is focus.

▶ >17 – adult

- Working on the teams ability to play the way you want them to play
- Performance based
- Still need technical sessions to address the key principles
- Game specific training = match fitness
- Recovery time between games at training varies
- RECOVERY AT THE END OF THE SESSION IS CRUCIAL

# Training games

- ▶ Big Games (instead of long runs)= longer games (10min) with short recovery (2min) on a near full size pitch low reps
- ▶ Medium Games (instead of tempo runs) =  $\frac{1}{2}$  size pitches with short games (4 min ) and short recovery (2min) x4reps
- ▶ Small games (instead of shuttle runs) =  $\frac{1}{4}$  pitch or smaller with slightly longer games (6min) and shorter recovery (1min)

# Amateur Pre-season cycle

	Week1	Week2	Week3	Week4	Week	Week6
Monday						
Tuesday	BP Large Games	BPO-BP Large Games	BPO Medium Games	BP Medium Games	BP Small Game	BPO Small Games
Wednesday						
Thursday	BP-BPO	BP	BPO-BP	BP-BPO	BPO	BP
Friday						
Saturday	BPO	BP-BPO	Internal Training Game 45 mins	Trial Game	Trial Game	Trial Game
Sunday						



# THE END

