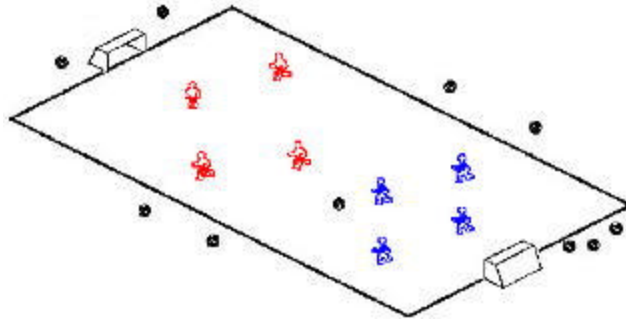


Team Fitness



The Game

- Play even sided matches, small sided to full 11 v. 11.
- Depending on the fitness expectations of the coach, the team is asked to play a particular style. For example, if the coach wants them to increase the fitness demands on the players, they could be asked to play man-to-man defense and play high pressure. If pulse rates need to be lower, the teams could be asked to play zones and low pressure.
- Field size can also effect the fitness demands. By asking teams to play high pressure on a large field, with numbers down, the fitness demands would be high.
- Make sure extra balls are available so that play can proceed uninterrupted.