

SPORTS-SPECIFIC ENDURANCE



Recommended for players from the age of 16.

Here you get exactly the power you need in the decisive situations on the football pitch. Sport-specific endurance training prepares your energy systems for the numerous high-intensity actions. This way, you can call up your maximum performance for longer and stay that decisive step faster as the match progresses.

SET-UP

No set-up is necessary. All you need is a football pitch.

EXERCISE: Box-to-box run
(for wing players)

HOW TO DO THE EXERCISE

Sprint from one corner of the penalty area to the opposite corner. Then gently jog along the edge of the penalty area to sprint back to the opposite corner. Complete six full rounds, then trot easily for five minutes to recover. Complete 3 series of 8 rounds.

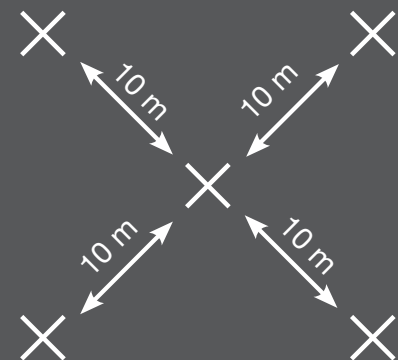
SET UP

Put a cone on the pitch and place four cones at a distance of ten metres around the central cone.

EXERCISE: Star run
(for centre players)

HOW TO DO THE EXERCISE

Run as fast as possible towards the four outer cones, always returning to the cone in the centre after touching an outer cone. This should take about 15 seconds. Then trot a short distance for about 15 seconds to recover and start the star run again. Complete 3 series of 12 star runs.



IMPORTANT for both exercises

To train sport-specific endurance, you have to go to your limit. This means that the exercise can be very challenging. However, make sure that you can still run the last sprint at a very fast speed. If you lose a lot of speed, you will not achieve any adjustments to the desired energy systems. It is better to make the recovery time longer or the distances shorter so that you can perform at your best in each run.

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The load profile for football players differs depending on the position. Box-to-box and star runs take these differences into account. “

Maurice Mülder - Athletics trainer, Bayer 04 Leverkusen

VARIATIONS

Depending on your performance level, you should adjust the distance, the number of series and the intensity. If you are new to this exercise, start with a less challenging variation and work up to your maximum performance level.