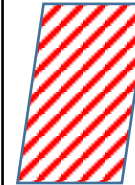


Exercise 1:

Pitch size:
 11v11: 80x50
 7v7: 50x30
 4x4: 30x20

Intensity:
 70-80%
 80-90%
 90-100%

Exercise:



: Basic action: sprinting, stopping, jumping, landing or combinations w/w.o change of direction

Sequence: jog, basic action, jog, walk, repeat.

Workload:

W.up 20min
 11v11: 4x4-10', R:2'
 7v7: 4x3-8', R:2'
 4v4: 2x6x1-3', R:3-1' SR:4'