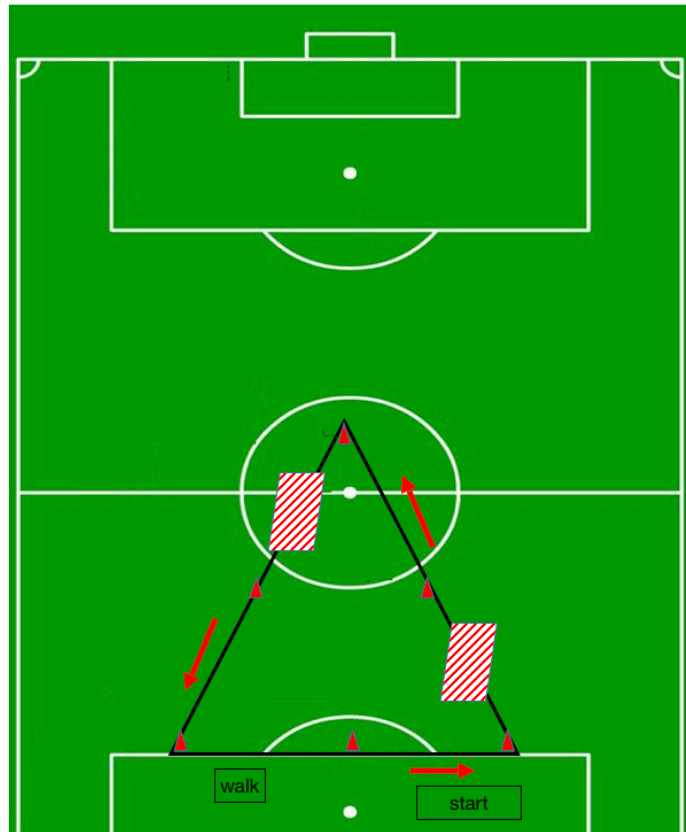


Exercise two



Less space and time

Exercise 2:

Pitch size:

11v11: 80x50

7v7: 50x30

4x4: 30x20

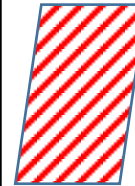
Intensity:

70-80%

80-90%

90/100%

Exercise:



: Basic actions: sprinting, stopping, jumping, landing or combinations.

Sequence: jog, basic action, 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'