

Maintenance training, for players during the Christmas break.

Week 1 -4

Monday: Morning around 9:00 am, 1 ½ hours after breakfast minimum

Before jogging

10 minutes light stretches

Warm Up.

20 minutes jogging

10x 100 meters, 75% with 30 sec recovery between runs.

Skill work with the ball

Equipment: 10 cones (1xmetre separation between cones or any other obstacle
To dribble)

2x5x10 inside of the foot

2x5x10 in and out of the foot (5x left and 5x right)

2x5x10 outside of the foot

2x5x 10 touch and roll.

Repeat this twice.

Interval Training work

6-10x 400 meters runs around 65%

Cool down:

20 minute jogging

Stretches

Afternoon: After 2 hour's siesta, start training around 6 :00 pm

Light Stretches

40 to 60 minutes run (slow)

Strength program (same you are doing at the academy) push- ups, sit- ups

etc...

10x 100 meters 75% with 30 seconds recovery

Stretches.

Go to sleep no later than 10:30 pm

Tuesday: Morning: Same **warm up** as Monday morning except that the 100 meters runs will be done by the 2 players passing a ball to one another. (If the player is alone, same as Monday 100m 75%, 30 sec recovery)

If in pairs:

5 x one –two's

5 x overlapping

Skill work: high balls work

Two players facing each other, separated by 3 to 5 meters one passes with Hands, the other returns with the foot, working side to side, step right touch, step left touch and continue in rhythm

30 x inside of the foot right and left

30 x shoe laces

30x side volleys

30x chest and volley

30x thigh and volley

30x headers front and side headers.

Long lofted passes 30 meters plus
20 minutes passes to one another using both right and left foot.

Sprints:

10 to 20 x 50 meters sprints (half Pitch) sprint (half Pitch) recovery walk.

Cool down: same as Monday

Afternoon: warm up.

Strength program (include sit ups, pushups, and other exercises)

Include:

10x 45 sec skipping (buy a skipping rope if you don't have one)

10x 10 vertical jumps

10x 5 knees up jumps.

5x 6 repiqueteo (running 100% effort on the spot) 10sec.....and Jump....

Shooting: at goal 30 minutes from different angles, including free kicks.

10X 100 75% and 10 minutes jog.

Wednesday: Morning or Afternoon

Warm up: as Monday

Running: 2x 1000 meters $\frac{3}{4}$ pace 1-2 minutes rec

2x 600 meters $\frac{3}{4}$ pace 1'- min rec

2x 400 meters 1' rec

2x200 meters 45'sec rec

2x 400

2 x600

2x 1000

Total: **3200 meters** of interval training rhythm running.

Cool down as Monday

Thursday: Morning and afternoon.

Warm Up, and repeat Monday training including cool downs.

Friday: repeat Tuesday Morning session

Afternoon:

Warm Up:

Repeat Tuesday afternoon session except the ball work will be turns

And add some **doggy's sprints.**

Turns: place 8 markers in a zig zag shape and, separate them around 7 meters

In between and go through

Turning before the markers.

5 times x inside of the foot

5 times x outside

5 times x double step over

5 times x double scissors.

Doggies:

Place markers: 5, 10, 15, 20, 25 meters apart

5x Sprints to the last marker and back and forth always returning to the first Marker until finished.

5x sprints starting from the first marker, 2, 3, 4, 5, now and always returning to the first marker.

Both exercises, **always touching the markers** on the turn to work on low

starts.....

Saturday: Same as Wednesday,
After the running, play the best of 5x 1vs 1 game in a 10 x 15 meters field
Small goals. (No injuries please) to test your skills against an opponent.
Then you can play a headers game, as we used to play here.

Sunday: *beach running or long distance running 8-10 km.*

Advice:

Players if you follow this routine, I am pretty confident, you will maintain your fitness level (if you are in overseas and not training with a club or during the Christmas break .

I trust that you will find this training reference useful, try not to change the days or the activities' order as I have taken special care to balance the training loads.

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