



# FITNESS 4 FOOTBALL

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## SAMPLE FUEL MIX CONDITIONING DRILLS FOR FOOTBALL

These drills are not an exercise prescription but a list of drills that may be used to develop fuel mix fitness.

### SETS, REPS. AND REST

The sets, reps., and rest times are provided as examples only. They all follow the principle of 3 sets of 5 reps., with 30s rest between reps. and 2 minutes rest between sets. This is a typical fuel mix system that will challenge both aerobic and anaerobic energy sources. If you wish to increase the running speed of these drills, simply increase your rest time between reps. and sets.

### USING THE BALL

With some of the drills, we have suggested performing the interval with a ball to increase the skill element and demands of the drill.

### WEARING A WEIGHTED VEST

To increase the demands of these drills you may also want to consider wearing a Reebok weighted vest. Alternate between performing a drill with then without the vest. For more information visit the [www.fitness4football.com](http://www.fitness4football.com) home page where the vest is a featured product.

### RECORD YOUR TIMES

We recommend that you time yourself for each interval and maintain a record of these times for comparison and to set yourself targets.

### WARM UP THOROUGHLY BEFORE PERFORMING THESE DRILLS

The author and Fitness 4 Sport LLP take no responsibility for injuries caused by attempting the exercises presented in this Fitfile. Fitness 4 Sport LLP recommends that you always learn new exercises under the guidance of a professional and consult your GP before you start. Please read our Terms & Conditions.

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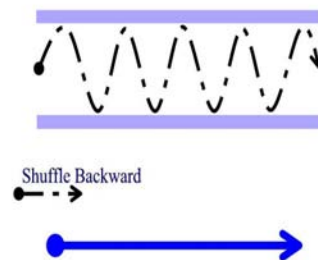
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The sets, repetitions and rest times are examples only, and are not appropriate for all users.

## 1. BACKWARD ZIGZAG -

- Place 2 lines of markers 3-5m apart, to form a 15 metre long channel
- Stand at one end, back facing down the channel
- Shuffle backward & laterally, zigzagging down the channel
- On reaching the end of channel, zigzag forward back up the channel while dribbling a ball. Then sprint back to the finish line

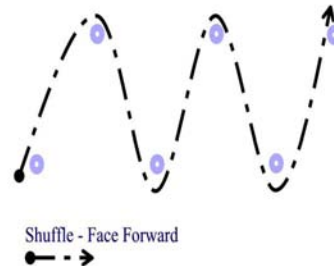
Complete 3 sets of 5 repetitions.  
Rest 2 mins seconds between sets.



## 2. SHUFFLE - ZIGZAG

- Place 6-8 markers in a zigzag pattern 3-5m apart
- Combine cross over & shuffle steps to move quickly through the grid
- Face straight down the grid throughout
- on reaching the final cone, sprint straight back to the start line and repeat the drill with a ball, once again, sprinting back to the start line once you reach the final cone
- Repeat for 3 sets with 2 minutes rest between sets

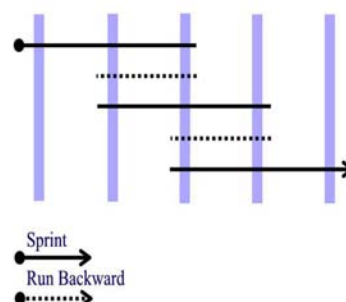
Repeat 5 times.  
Rest 30 seconds between repetitions.



## 3. SPRINT - MULTIPLE 2 FORWARD, 1 BACKWARD

- Place 5 markers in straight line, 5m apart
- Sprint forward 2 markers, then run backward 1
- Continue this sequence through to end of grid
- Lower centre of gravity on change of direction
- Maintain running form
- Repeat for 3 sets with 2 mins rest between sets

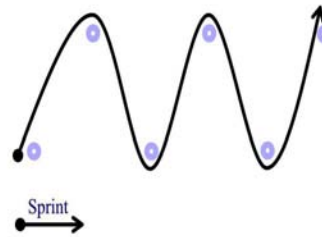
Repeat 5 times.  
Rest 30 seconds between repetitions.



## 4. SPRINT - ZIGZAG - NARROW

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- Place 6 markers 5m apart, zigzag pattern
  - Run forward through the zigzag pattern
  - Accelerate toward each marker
  - At the marker decelerate, lower centre of gravity
  - Step off the outside foot, turn toward next marker
  - Accelerate, continue sequence
  - On reaching the final marker, perform 5 push-ups and sprint directly back to the start cone
  - rest for 30s and repeat for 5 reps. Repeat for 3 sets with 2 mins rest between sets.
- Repeat 5 times.  
Rest 30 seconds between repetitions.

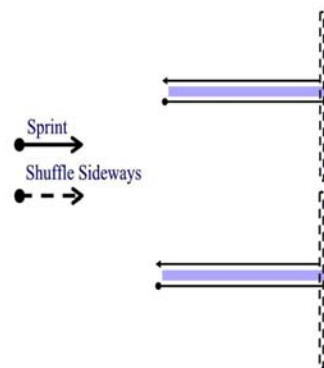


## 5. T GRID - RACE

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- Set up 2 T grids, equal size, side by side
- Partners stand at base of each T
- On command, partners race around their grid for 2 circuits
- Repeat for 3 sets with 2 mins rest between sets

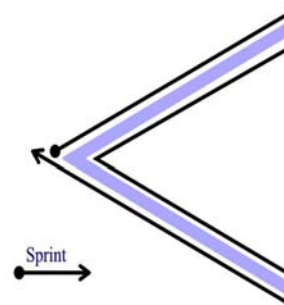
Repeat 5 times.  
Rest 30 seconds between repetitions.



## 6. V GRID - SPRINT

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- Markers positioned in a V pattern, 10m apart
  - Start at the base of the V
  - Sprint to either of the top markers
  - Turn & sprint back to the base of the V
  - Sprint out to the other marker
  - Turn & sprint back to the base of the V to finish
  - Immediately repeat the same sequence while dribbling a ball
  - Repeat for 3 sets with 2 mins rest between sets.
- Repeat 5 times.  
Rest 30 seconds between repetitions.

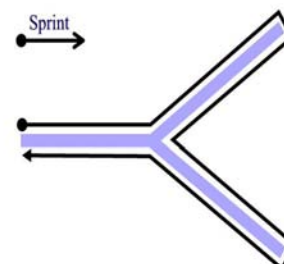


## 7. Y GRID - SPRINT

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- Markers positioned in a Y pattern, 10m apart
- Start at the bottom of the Y
- Sprint from start, step off right foot to left side of the Y
- At marker, lower centre of gravity turn 180 degrees
- Sprint back one marker, turn & sprint to other side of Y
- Turn & sprint back to the base of the Y to finish
- Repeat for 3 sets with 2 mins rest between sets

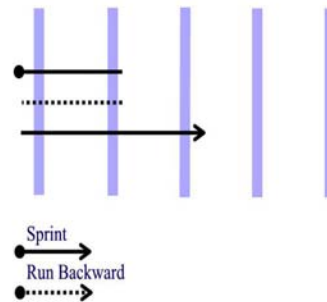
Repeat 5 times.  
Rest 30 seconds between repetitions.



## 8. SPRINT - FORWARD-BACKWARD-FORWARD

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- Place 5 markers in straight line, 5m apart
- Sprint forward from marker 1 to 2
- Run backward from marker 2 to 1
- Sprint forward from 1 to 3
- Lower centre of gravity on change of direction
- Maintain running form



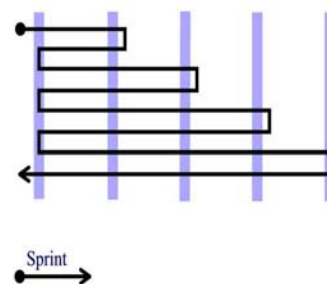
Repeat 5 times.

Rest 90 seconds between repetitions.

## 9. SPRINT - MULTIPLE OUT & BACK

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- Place 5 markers in a straight line 5m apart
- Start at the first marker, sprint to marker 2, turn & sprint back to the start
- Immediately sprint to marker 3, turn & sprint back to the start
- Continue this sequence until you return from the last marker
- Perform 5 push-ups and 5 squat jumps



Repeat 5 times.

Rest 30 seconds between repetitions.