

COMPONENTS OF FITNESS TASK

1) PICK AN ARSENAL PLAYER AND THINK OF THEIR KEY ATTRIBUTES



EXAMPLE: PIERRE-EMERICK AUBAMEYANG

ATTRIBUTES: SPEED & POWER

Speed is the ability to move quickly across the ground. This is one of Pierre's greatest threats to opposing teams. His speed helps him beat defenders to the ball and leave them behind as he bears down on goal.

Power is the ability to exert a maximal force instantly. For example, an explosive burst of movement such as accelerating or jumping. Pierre uses his power to accelerate past his opponent when taking them on, or when jumping for a header on goal.

2) THINK OF A TRAINING EXERCISE THAT COULD HELP IMPROVE THESE ATTRIBUTES/COMPONENTS OF FITNESS

3) TRY THE TRAINING EXERCISES OUT FOR YOURSELF. SOME EXAMPLES BELOW:

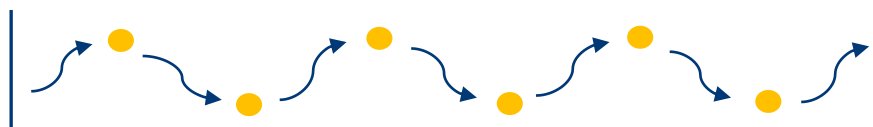


Hill Sprints

- Find a flat surface with a slight incline – Ideally a distance of 20-30 metres.
- The focus should be on knee drive upward and arm swing backwards.
- Sprint the distance 10 times with 60 seconds rest in-between. Recovery is important to prevent it from becoming a conditioning exercise instead of a speed training exercise.
- Please warm up first.

Agility Exercise – Zig Zag Sprints: Space cones 5 yards apart

- Sprint in a zig zag formation like the diagram. If you have access to cones, space them around 5 yards apart. Make sure you have a start and end line. The end line will be used as a 'turn' line, which you will touch and then sprint in the zig zag formation back to the start line to finish.
- Try to keep your turn between cones tight, sprinting straight rather than a weave.
- Repeat the exercise 10 times with 60 seconds rest in-between.
- You could also try this exercise with a football.
- Please warm up first.



Explosive Power Exercises

- Box/Step Jump: 8 to 10 reps
- Mountain Climbers – 45 seconds
- Repeat two more times
- 45-60 seconds rest in between all sets

