



Rotation & Conditioning

Topic: Physical Conditioning

Practice type: Small sided game

No. of Players: 6-18

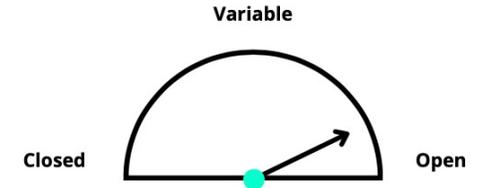
Offsides: N/A

Timing: 2-3 minute games

Goalkeepers: Yes

Pitch size: Varied

Age group: U13+



Objective:

To work on physical conditioning in a small sided game. The practice is designed to have players working at upwards of 80% of their physical capacity for short, sharp games of 2-3 minutes.

Organisation:

Set up a rectangular pitch divided into four quadrants. With adult players this may be as wide as the penalty area and twice as long (44 x 36). Adjust the space according to the age and capability of the players. The rules of the game are that every time a pass is made, you must move to another quadrant. If a player enters a team mates quadrant when moving on (dribbling) or off the ball, they must get out of the space into another area. Ensure the goalkeepers have a good supply of footballs.

What you might see:

- 2 players caught in the same quadrant
- Players forgetting to rotate (under fatigue)
- High levels of fatigue

Actions you might take:

- Remind players of the match rules
- Encourage players to work hard
- Reduce the length of matches if fatigue is too high

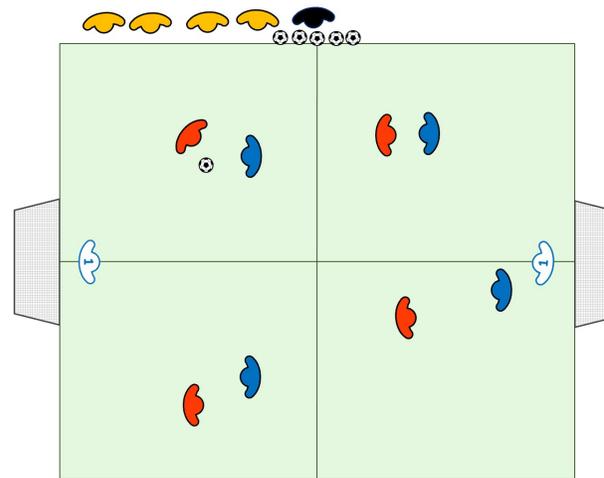
Adaptations:

Is the session too easy?

- Make the space bigger (more physically challenging)
- Make the games longer (more demanding)

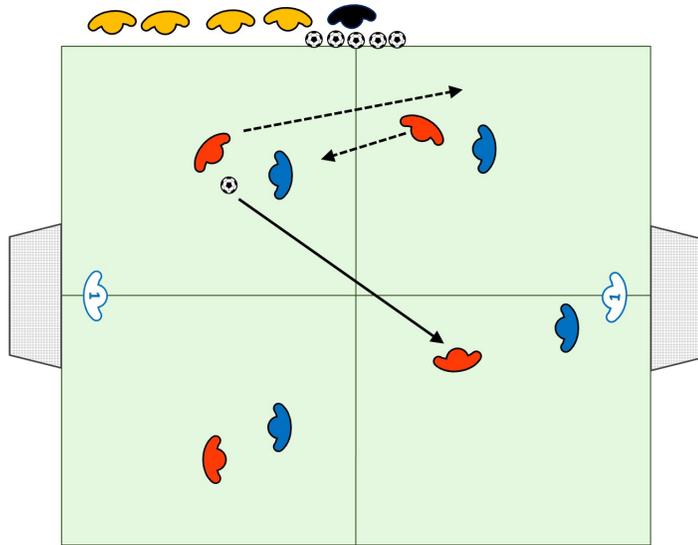
Is the session too hard?

- Reduce the time of games
- Reduce the area size

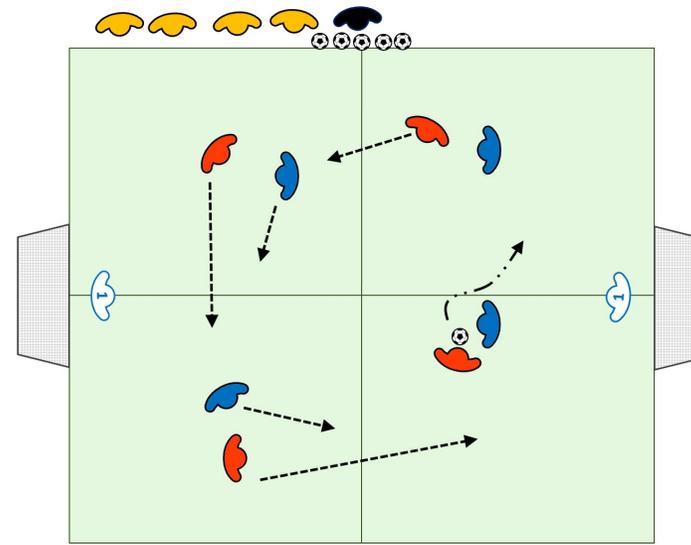


Practice set up assuming 3 teams of 4.
Adjust pitch size based on player age.

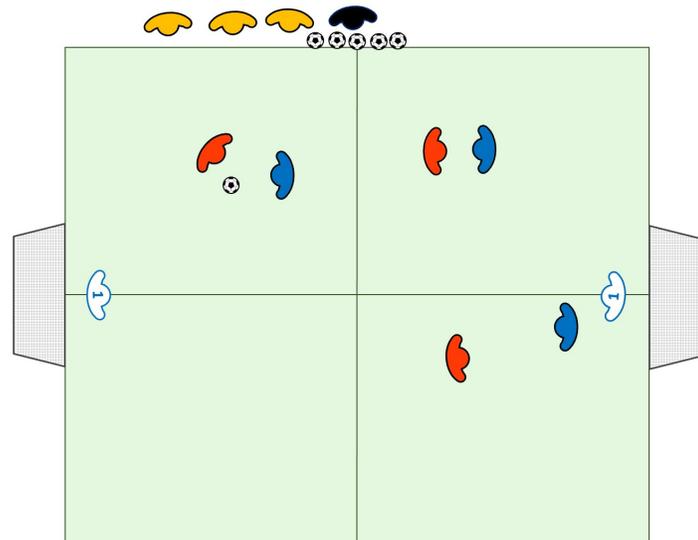
Technical	Psychological
Rotation Receiving Releasing	Resilience Persistence Determination
Aerobic Agility	Encouragement Support
Physical	Social



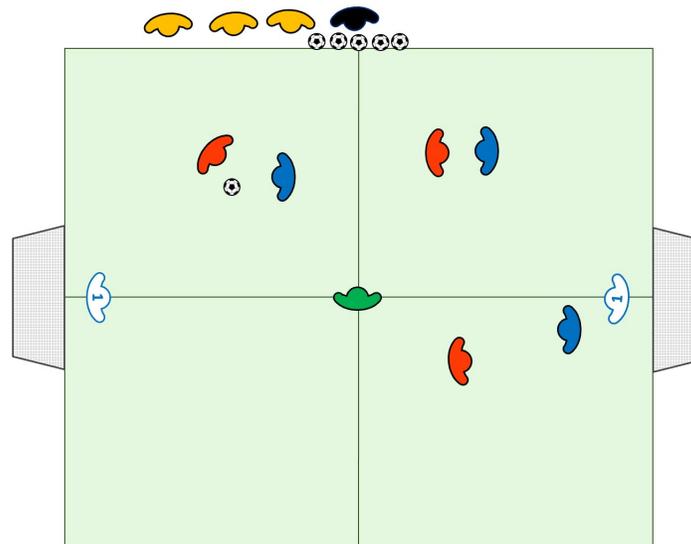
When a player passes the ball, they must move to a new square. If they enter a teammates square, the teammate must exit and find a new square. This results in constant movement.



Example of all players for the team in possession rotating. Blue defenders must track their opponent constantly.



Practice adapted for smaller groups using the same pitch layout.



Practice adapted if you have uneven numbers at training. The neutral bounce player should be rotated every set as it's essentially a resting role. You could limit this player to 1-3 touches.