



Personal Exercise Plan to Improve Performance in Football

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Introduction

We are in 2nd year and attend Woodbrook College in Bray, County Wicklow. We are all 13-14 years of age and we all really enjoy sports especially football. Toni and Sophie play for Shankill FC U15 football team while Dylan and Niamh play for St. Josephs' FC, which is why we are focusing our project on speed, agility and power as they are very important components of fitness for football players.

Before Christmas we did fitness tests and based on them results we created fitness goals which we tested again after Christmas to see if we had reached our goals, we used a personal exercise plan to help us reach our goal. This project represents our results. The aim of our project was to test, monitor, and improve the key components of fitness needed for football.

Research

Components of Fitness

We chose these components because they play a major role in football.

Speed is how fast someone can move. We tested our speed by doing some short 30 meter sprint

Agility means being able to turn quickly and easily. We tested our agility by doing the t-test which is running straight, sideways, backwards and taking sharp turns around cones.

Power is force used when doing something such as kicking a ball. We tested our power by doing the standing long jump and measuring how far each person jumped.

Methods of Training

Fartlek training: means "speed play". It is a training method that combines continuous training with interval training. Fartlek training involves changing your pace throughout your runs, such as sprinting, running, jogging and walking in different directions. People who do long distance running would be suitable for this type of training and can improve how long you can go without stopping. This improves your running speed and agility.

Circuit training: is a form of body conditioning using high-intensity cardio workouts and aims on strength building. For example you start at a station which you will have to do for 3 minutes and then having a break for 15 seconds. There are different stations with a different fitness so you have to rotate around. This improves your strength, speed, agility, power and aerobic fitness.

Interval training: is a type of training that involves a range of low-to high-intensity workouts. Interval training alternates between intense activity and a steady period of less-intense activity. For example a good and easy starter workout is running as fast as you can for 1 minute and walking for 2 minutes for a various amount of times. This improves better speed.

Training Programme

We did variations of interval and circuit training to improve our speed, agility and power. We measured this by doing a 30 meter shuttle run to measure speed, we did a standing long jump to test our power and we did the T-test to measure our agility.

Frequency (amount per week)

Spinning class x1 which would improve power and speed, Circuit (6 stations to improve speed and agility) this included shuttle runs and other speed and agility related activities, 1v1 and 2v2 in football training to improve speed and agility and football matches.

Intensity (bpm)

We measured our work rate by getting our heart rate in beats per minute (bpm).

Time

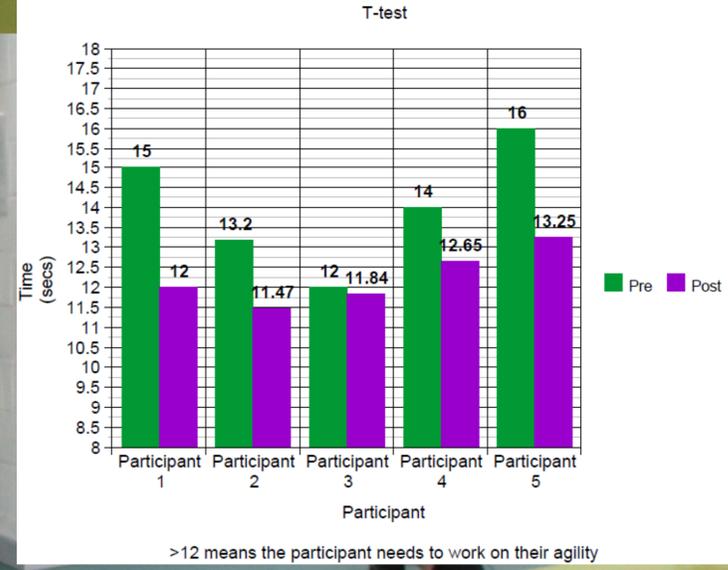
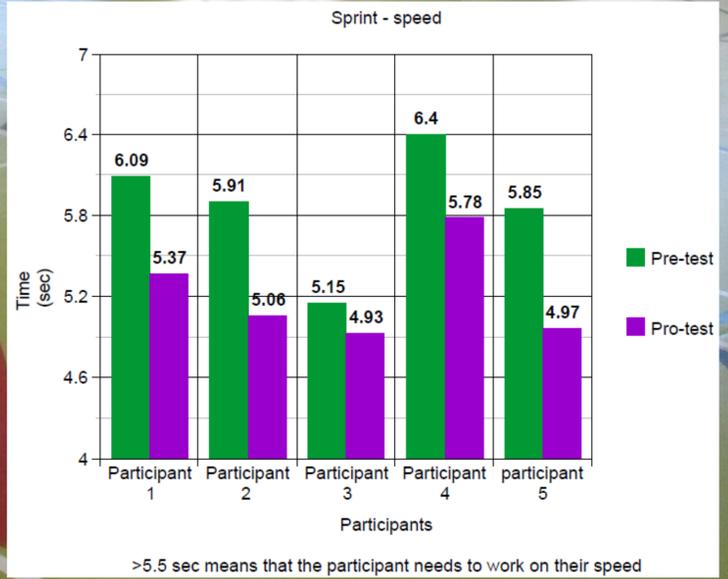
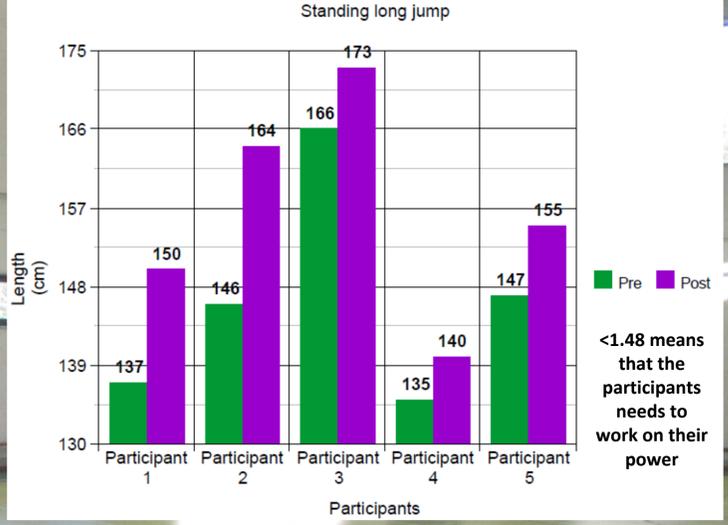
40 minute spinning class, 80 minute match, 1 minute on 15 seconds off for circuit and 30 minute 1v1 and 2v2.

Type

The type of training we did was interval and circuit training. There are many of examples of athletes with good power, speed and agility examples are Anthony Joshua who has great power when punching, Usain Bolt who has great speed with winning him 8 gold medals and Lionel Messi has great agility when taking the ball past players. We improved these attributes by doing speed, agility and power related training programs. The 1v1's and 2v2's saw this improve when beating a player we would use speed and when defending if the attacker goes by you u must turn agile and win the ball back.

Results

Below are the results before and after the implementation of the exercise plan.



Discussion

The reason our results improved in the t-test was all of our high intensity training in P.E and outside school such as football clubs. With our football clubs we were playing a football match weekly this improved speed and agility by running to win the ball back, to tackle or to score these skills are very important for a good result in the t-test. By improving these skills all our results improve.

This will help improve power in our legs and arms as we need to use the muscles in our legs to push ourselves off the ground and we also need to use our arms as balance and also to push ourselves forward as far as we can go.

Conclusion

We learned what the main components of fitness for football are power, agility and speed. We learned that all these will improve our performance in football through using circuit, fartlek and interval training.