

Metabolic Conditioning Activities Specific to Team Sports

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The following conditioning drills can be used to enhanced team sports performance and physical conditioning. Each activity can be specifically manipulated with regards to volume (reps and sets) and intensity along with recovery rate to suit each individual team sport. The activities identified emphasise a number of physical fitness components seen critical in team or field sport pursuits such as rugby league rugby union, soccer, hockey, netball and basketball. These include aerobic endurance (power), lactate tolerance, anaerobic power and speed development/endurance.

Golf Course Fartlek Run

Athletes are to jog all par 5's, run at $\frac{3}{4}$ pace for all the par 4's and sprint the par 3's. Use a walk recovery between the green and the next tee (**Jones, 2002**). A great activity for enhancing anaerobic metabolism and speed endurance.

40 minute Interval Activity

For this drill the conditioning coach can set up a number of different courses and or terrains and can also add in game specific skills e.g. Dribbling in and out of cones, a boxing circuit or a skill based game during the work interval. The length of the activity should be altered to suit specific game conditions the sport.

10 x 90secs with 40 sec active recovery
6 x 1 min with 30 sec active recovery
6 x 30 sec with 20 sec active recovery
8 x 20 sec with 10 sec active recovery

30min Out and Back Runs

Run a course of varying terrain for 15 mins then return back to start. Aim to maintain HR between 160 and 180 beats per minute and cover between 4 and 7 km within the 30 mins. Add 20 x 5 to 30 secs bursts of greater speed and intensity throughout the run using particular landmarks as a reference point (**Jones, 2002**). This conditioning activity should be used early in the athlete's preparation to focus on enhancing aerobic metabolism.

Californians or Malcolm's

Over 20m with 3 cones set 10m apart. Players lie face down on stomach to begin in the line with the centre marker. Drill starts by the player getting to up the their feet and running to marker placed 10 m in front, then performs a push up and runs 20m to the furthest cone and a push up

is performed and the player then returns to the centre and performs a push up. This is one repetition. Athlete should aim to complete 6-8 repeats in 90secs.

Anaerobic Power Drill

Athlete starts in a position specific to their sport e.g. 3 point stance and performs 10 x 55m Runs in fewer than 10 sec with 35secs recovery. *This drill can also be used as part of the conditioning coaches testing protocol.*

Suicide shuttle Run

This drill can be modified to suit a number of different sports. e.g. Using a rugby field the athlete will start on goal line and runs out 20metres and then returns immediately to the goal line, then run to ½ way line and returning back to the try line, athlete again runs to the opposite 20m line and runs back to the start line and finishes drill by running to the opposing goal line. This is one complete repetition. Court specific sports such as basketball or netball can adjust activity to suit their conditioning needs (**Gambetta, 2001**).

Tempo Runs

Players will run 100m @ 75-85% or 20secs and will repeat effort with a maximum of 40s recovery. This drill is a great activity for use during the initial stage of training (anatomical adaptation phase) as it allows both the athlete and the coach to monitor running technique and movement mechanics (**Potteiger, 2000**).

Coat hangers

Athletes start on the t- junction between halfway and sideline, players run around goal posts, along field to the opposite set of posts and back to the start.

Repetitive Speed Drill

Athlete performs repetitive sprints over various distances specific to their sport, e.g. 5 x 20m, 5 x 40m, 5 x 60m or for a set time (5-30s) and runs at top speed with walk recovery back between repetitions. Athletes should have 3-5 mins of active rest, to encourage adequate recovery (**Jones, 2002**).

Gases

Have the athlete's line up on sideline of a field or court on their stomach and have them sprint to opposite sideline (70m) and landing on their stomach immediately rising back to their feet and sprinting back to start. Activity should be performed at near maximum speed.



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