



# March Training Schedule

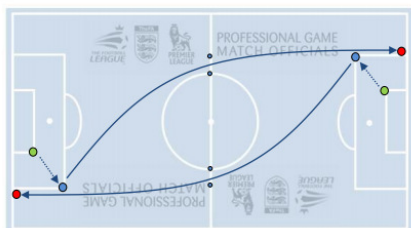
<b>March 7 – 7pm – Potts Park</b>  <b>Referee Positioning</b> <b>A/R Movement</b>	<b>March 14 – 7pm – Potts Park</b>  <b>Agility</b> <b>HI Interval</b>
<b>March 21 – 7pm – Potts Park</b>  <b>Speed - RSA</b> <b>Endurance</b>	<b>March 28 – 7pm – Potts Park</b>  <b>Agility - RSA</b> <b>HI Interval</b>

## March 7 – 7pm – Potts Park - Referee Positioning & A/R Movement (depending on numbers)

### Referees

#### Drill 1

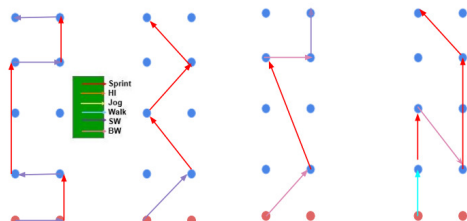
- From the green cone, backpedal quickly to the blue cone, turn and perform curved high-speed run to red cone at far end of the pitch
- Walk slowly between the red and green cone (15 seconds)
- Make sure that you run wide and that you are making a tightly curved run



#### Drill 2

Set-up 2 rows of cones, 5 m apart in width, and each cone 5m apart lengthways = 20 m total length

Complete 4 of each of the following agility runs, alternating the side you start from with each repetition. Walk back to start.



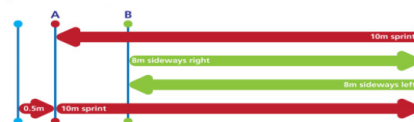
#### Drill 3

Match Based Positioning

### ARs

#### Drill 1

[CODA](#)



Complete CODA as per above, ensuring that sideways LEFT always comes before sideways RIGHT.

Sets	Inter-set Rest	Reps	Inter-rep rest	Time/rep
1	N/A	12	1 rep every 30 seconds le ~20 sec. rest	<ul style="list-style-type: none"> <li>Males: Aim to complete each rep in under 10 seconds</li> <li>Females: Aim to complete each rep in under 11 seconds</li> <li>*FT for AR's stipulates a max. time allowed of 10(M)/11(F) seconds</li> </ul>

#### Drill 2

##### Partner Mirror Drill

Two partners face each other in an athletic stance. Two cones are placed 10 yards apart from one another. One partner is the initiator, the other partner is the reactor. On the initiator's first move, the reactor must react and mirror the lateral movements of the initiator. Perform this drill for 10-20 seconds and rest 1-3 times the amount of time worked.

#### Drill 3

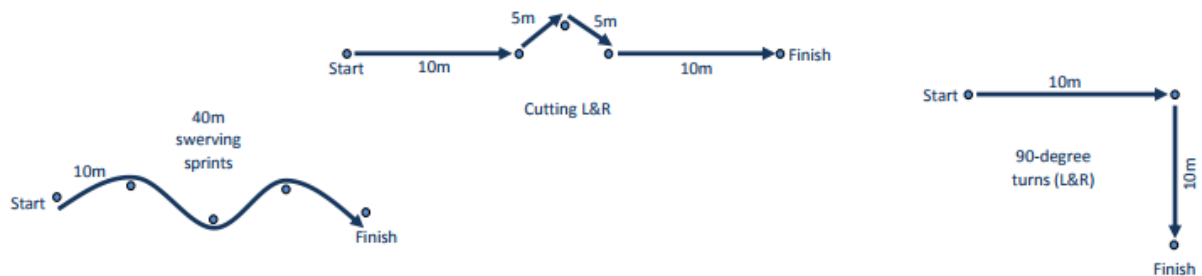
Offside Drills

## March 14 – 7pm – Potts Park – Agility & HI Interval

### Drill 1

#### SPEED & AGILITY TRAINING (RPE: 2-3)

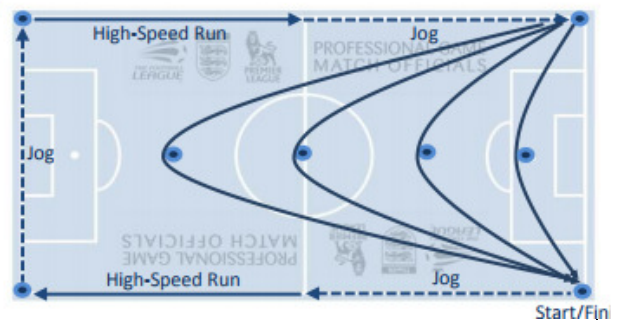
- Set out the exercises shown below and perform 4 rotations = 12 sprints
- Perform each exercise at maximum speed and recover to  $<65\% \text{ HR}_{\text{max}}$  between repetitions



### Drill 2

#### PITCH-BASED HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)

- Perform 1 complete sets of the exercise below (4 laps)
- Rest 4 minutes
- Perform another complete set of the exercise (4 laps)
- Your target heart rate is  $88-90\% \text{ HR}_{\text{max}}$

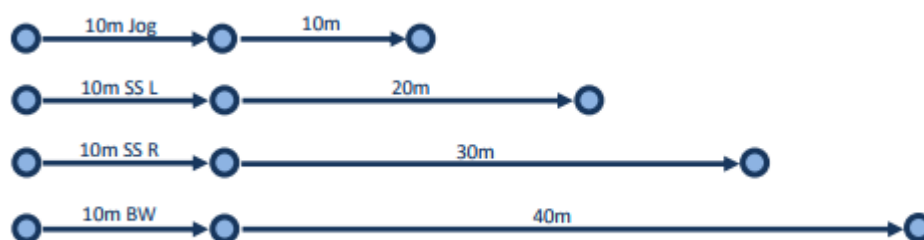


## March 21 – 7pm – Potts Park - Speed – RSA & Endurance

### Drill 1

#### SPEED TRAINING (RPE: 2-3)

- Set out cones as shown below and perform the following sprints at maximum speed X 4 rotations:
  - 10m jogging start into 10m all-out sprint
  - 10m side-stepping L start into 20m all-out sprint
  - 10m side-stepping R start into 30m all-out sprint
  - 10m backwards running start into 40m all-out sprint
- Perform very slow walk back to the start between each sprint



### Drill 2

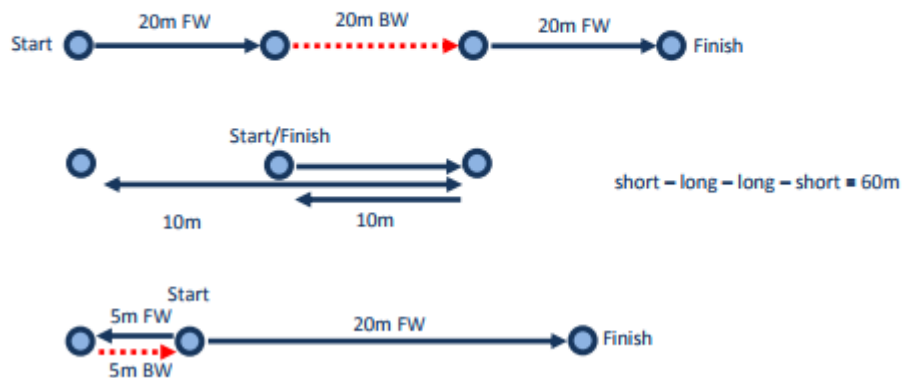
- Perform the following intervals at high speed:
  - 200m
  - 400m
  - 600m
  - 800m
  - 600m
  - 400m
  - 200m
- Between runs, walk for the same amount of time it took you to complete the run

## March 28 – 7pm – Potts Park - Agility – RSA & HI Interval

### Drill 1

#### SPEED & AGILITY TRAINING (RPE: 2-3)

- Set out the exercises shown below and perform 4 rotations = 12 sprints
- Perform each exercise at maximum speed and recover to **<65% HR<sub>max</sub>** between repetitions



### Drill 2

- Perform 6 complete laps of the exercise below = 12 runs
  - From the corner flag, run to the far & opposite corner flag and back again at very high speed (see diagram below)
  - Walk along goal line to opposite corner flag between each run
  - Use your red button to monitor your speed

