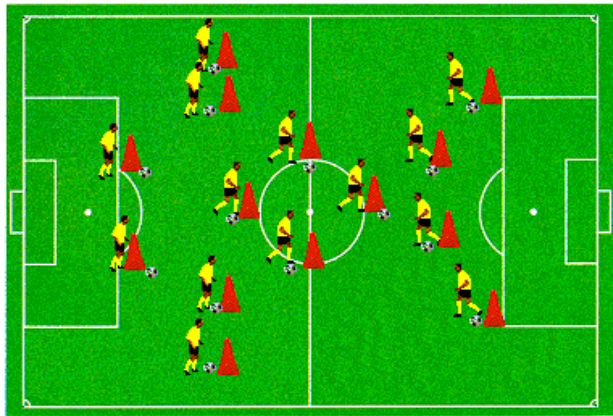


# Ross County FC

## Fitness Training Session

This session was performed on the 20th of November, 2002. The temperature was about 8 degrees celsius and windy like Chicago. The purpose of the session was to do some fitness and technical work.

The assistant coach, Danny MacDonald, setup the field. The field looked like the pic below:



As shown above, there is a player at each cone and a ball to be used later.

The first part of the session was without a ball. Here is the sequence as the players move from cone to cone:

1. Jog to each cone
2. Run backwards to a cone, then turn when get to a cone. Run forward to the next then run backwards and so on.
3. Go Sideways
4. Crossovers
5. Heel Kicks
6. Moving sideways, but changing directions
7. Swinging arms
8. High Knees
9. Go at 3/4 speed
10. When go to a cone, change direction then sprint to another 5-6 yards.
11. Walk back to starting marker

In between every 3-5 activities, they stretched.

### With the Ball

1. Take ball to cone-slowly "nice and easy"
2. Juggling to a cone, then dribble to the next and repeat.
3. Dribbling and then when come to a cone, cut the ball with the outside of the foot then go to another cone.
4. Change of speed 4-5 yards, then use the inside or outside of the foot when come to a cone.
5. Back to juggling, but staying at your starting marker. Juggle with feet only.
6. Dribbling to a cone, do a scissors move then change speed to next cone.

Then with he added the goalkeepers at both ends.

The goalkeeper would roll out a ball to a player who is by a cone. Both halves are going at the same time. Each group passes in their own half.

The goalkeeper starts with one ball, then quickly rolls/throws out another 2-3 more.

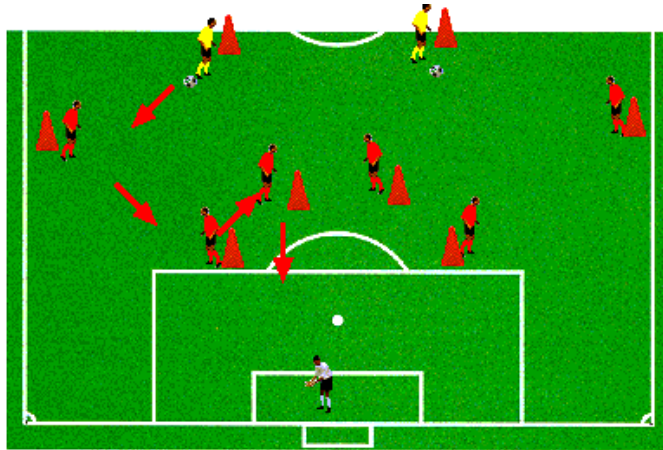
Progressed the exercise to pass and follow, so now they would be at another cone to receive the next ball

The last progression to this was both groups connected passes the length of the pitch, so there were about 5-6 balls going at the same time. The pace and spirit picked up.

## **Finishing Activities**

After the above activities, they split into two groups and worked on finishing. Here are some of the diagrams of some of the exercises:

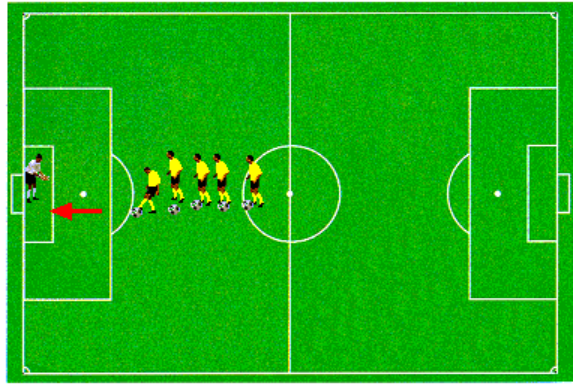
The first one is more of a finishing activity where they are working on some passing, receiving, and finishing.



The ball starts at the top. Go right side, then left side. Each player rotates to a new cone. The shooter will rotate up top. Basically it is a pattern. The ball is played from the player up top near midfield to a flank player who plays it to a player near the corner of the box, and finally lays the ball back to a player at the top of the "D".

## **2nd Finishing activity-**

This one was pretty simple and working on striking the ball off the dribble before it reaches the "D". Players line up, take a touch or two then strike it. The coach really stressed to get the ball on target.



### 3rd Finishing activity-

Now two markers are placed at the corners of the "D". A player will pass the ball to a player who is checking back. The player checking back receives the ball, takes a preparation touch towards the right cone and shoots. The player would then receive another ball, take a touch towards the left cone and shoot.



### 4th Finishing activity-

The final finishing activity that they did was more of a combination type of activity. Player 1 passes to player 2. Player 2 then dribbles towards player 3 who is moving towards player 2. Player 2, then does a "wee" backheel for player 3 to finish. Player 2 will follow up and rebound. They went from right side-left side.

### Variation B:

Player 1 passes to 2. 2 takes a touch inside or outside of cone and finishes. Go right side-then left side.



Afterwards, then the full squad came together and made two teams. One team is behind the goal, the other team is shooting. One team lines like in the [2nd finishing activity](#). Player in front of the line will push the ball towards the "D" and must strike it before reaching the "D". Each team had 60 second rounds

#### Variation B

Now the coach is at the top of the "D". Each player chips the ball to the coach who tosses it back for them to volley. Each team played for 60 second rounds.

After the session was over, they then went in had a cup of tea and some lunch! Not a bad life huh?