

Week	Fitness Training	Football
1	<p>Continuous Training. Know that aerobic endurance training improves the efficiency of the heart and lungs and is vital for long distance/time athletes. Know how to work at your own pace and how to alter the intensity of the session through adjusting time, speed and distance.</p>	<p>Running with the ball. Know how and when to run with the ball at speed to benefit your team, particularly during a break away.</p> <p>Dribbling. Know how and when to dribble and shield the ball. Know how and when to dummies, disguise and skill to beat individual defenders.</p> <p>Know when to release the ball to benefit your team and disadvantage the opposition.</p>
2	<p>Circuit Training. Know that circuit training is exercising at various stations for set periods of time and that it is used to develop muscle endurance, allowing the muscles to work for longer. Know how intensity can be altered through varying times, targets, circuits or rest periods. Know how the exercises can be varied to focus on a particular component of fitness or sport and know how it can be linked with skill acquisition.</p>	<p>Recovery runs during transition. When losing possession, know how important it is to players to make defensive recovery runs and to create a solid defensive unit.</p> <p>Know when and how to press the ball, forcing errors from the attacker.</p>
3	<p>Weight Training. Know how to use the equipment safely. Know how to use the exercise machines effectively to develop muscular endurance. Know how to use the exercise machines effectively to develop muscular strength. Know how to design a short exercise programme that various muscle groups used and how to use weight, reps and sets to vary intensity. Know how to use the cardio-vascular machines to improve aerobic endurance and how to vary intensity through time, loads or rest periods.</p>	<p>Corners. Know how to play “in” and “out” swinging corners and how varying the delivery can create different types of goal scoring opportunities.</p> <p>Know how to attack a crossed ball, using a variety of runs to create space and also confuse defenders.</p> <p>Know how to head the ball with accuracy, control and power in goal-scoring situations.</p>
4	<p>Interval training. Know that interval training is repetitive short sprints at maximum speed followed by rest periods and that it is used to develop speed. Know that improving acceleration and pure speed can improve performance in a wide variety of sports and know how to use varying distances, reps, sets and rest periods to alter intensity.</p>	<p>1 & 2-touch play. Know how to use quick 1 and 2 touch play to benefit the team when attacking. Know how to be balanced when receiving the ball and how to lay-off the ball for the first time, using various parts of the feet and body.</p>
	<h2>Softball</h2>	<h2>Outdoor Cricket</h2>
5	<p>Throwing & Catching. Know to throw the ball to the base ahead of the running batter. Know prior to pitching which bases are loaded and where would be a good base to throw the ball. Know that catches can be made of “foul balls.” Be aware of the batter's strengths and position the catchers in these positions.</p>	<p>Bowling. Know how to add more pace to their deliveries while maintaining control of line and length. Know how varying the length of the delivery can be used to disrupt the batter's performance. Know how to use spin to use an advantage against batters.</p>
6	<p>Pitching. Know the low pitch legally and what height the ball needs to be when it reaches the batter. Know how to get batters out, throw strikes, foul-balls or catches. Know to be prepared to catch balls that are hit straight back towards the pitcher.</p>	<p>Batting. Know how to move your body to play front and back foot shots and how to use your footwork to play pull and cut shots. Know how to hit low shots past the in-field players and how to hit high shots over the infield.</p>
7	<p>Hitting & running. Know how to hit various shots such as high balls, low running shots and bunts, in different situations to benefit the team. Know to run within the rules and to how important it is to communicate with teammates on other bases, to avoid run outs or tagging.</p>	<p>Running between the wickets. Know how to communicate clearly and decisively when batting, to ensure that run-outs do not occur. Know how to back up as a batter and to always run the first run fast. Know how to slide your bat to avoid being run out. Know to watch the fielders when running when it is safe to steal another run.</p>
8	<p>Fielding. Know where to position your fielders to balance the team correctly. Know that good flat-throw catchers should be on the bases, good high-ball catchers should be in the outfield and quick sharp fielders should be in the in-field.</p>	<p>Fielding, catching & throwing. Know to get to the ball as quickly as possible and how to throw accurately to the correct end. Know when and how to throw above the stumps or for a direct hit. Know how to communicate with teammates in the field to become more efficient.</p>

Year 10 Kemnal Keys – Transition Options