

## Personal Exercise Program

The sport I have chosen to train for is football. At the moment I am playing for a semi-professional club named Ilford F.C. my level of performance is between the associative level and the autonomous level.

I do not have any health or injury problems. I consider myself to be a fit and healthy person.

The fitness requirements for football are as follows:

- Aerobic and anaerobic fitness/capacity is needed because in a 90-minute football match an average player runs at least 4 to 5000m and most of this running is covered by the players anaerobic capacity.
- Lower body strength is needed because you have to have sufficient leg power to kick a ball and kick it hard.
- Upper body strength is needed because when you are heading a ball the lower back muscles in your body are used
- Explosive strength is needed for example when you jump up to head the ball or when a goalkeeper jumps or dives to catch a ball.
- A footballer needs all round flexibility but mainly lower body unless your are a goalkeeper.

My specialist position is a midfield player. Specific requirements for a midfielder are:

- Having a good decision making ability (during a game).
- Excellent ball control and dribbling
- Quick reaction timing.
- Having all round the skills of a defender and an attacker

The fitness tests I completed are:

The NCF Multistage fitness test (bleep test) which tests your cardiovascular endurance. Equipment:

- 20 m track (or flat non- slippery surface)
- NCF cassette tape
- Tape player

- Tape measure

Follow the instructions given on the tape. Subjects are required to run the 20-metre distance as many times as possible, keeping in time with the bleeps emitted from the tape. Each shuttle of 20m should be timed so that the individual reaches the end line as the bleep is emitted. The difficulty increases with each level attained, and speed of running will need to be increased accordingly.

The reason for is because I wanted to find out my current of performance and improve on it if needed.

The test is valid because the activity is similar to a game situation. The reliability of the test could have a problem because:

- The tape could be faulty
- The surface could be slippery
- Footwear, of the person being tested, could be worn down, which would make it slippery
- Also the distance between the running points could be incorrect.

NCF abdominal conditioning test. Equipment:

- NCF abdominal conditioning tape
- Tape recorder
- Stopwatch
- Gym mat

Follow the instructions give on the tape. Subjects are required to perform as many sit-ups as possible, keeping in time to the bleeps emitted from the tape. Get a partner to count the number of sit-ups completed correctly, and time the duration of the work period. Subject should be withdrawn from the test when they can no longer keep in time to the bleeps, or when technique deteriorates noticeably.

Sit and reach test, which tests your flexibility. Equipment:

- Sit and reach box

For this test you must sit down on the floor with your legs out straight and feet flat against the box. Without bending your knees, bend forwards with your arms outstretched and push the cursor as far down as possible and hold for two seconds. Then record your score.

My fitness, compared to national averages, indicates that my fitness is above average.

Fitness aspects that I need to develop are:

- My aerobic fitness
- Upper body strength
- Explosive strength

My overall aim of my PEP is to improve my general fitness but more specifically my aims are:

- To improve my aerobic fitness. Because I want to last a whole 90-minute game without getting fatigued.
- To improve my upper body strength. Because I want to improve my heading power.
- To improve my reaction time which will improve my performance.

My specific targets are to:

- Improve my game performance including aesthetically.
- Improve on my result when I get re-tested on the bleep test

Improving these aspects of fitness will make the skills easier to perform i.e. dribbling and reaction time

I will ensure that each form of exercise is completed safely by:

- Ensuring I have the correct equipment i.e. wearing protective clothing to prevent injury.
- Warming up before I do the activity/exercise
- Wearing reliable footwear
- Removing all jewellery
- Asking for assistance when using weights

I will now write down the facilities I will require and the safety aspects I need to consider:

When I am doing outdoor training on streets I have to:

- Look out for moving vehicles
- Use traffic lights when crossing roads
- Make sure my running route is clear i.e. look out for pedestrians and roadwork

When I am using the college Astroturf I have to:

- Make sure there is appropriate lighting
- Wear correct footwear

When I am using the college weights facility I have to:

- Wear correct footwear
- Ask for assistance when using the weights
- Use correct technique on each equipment

When I am doing my aerobic exercise on the streets I shall be wearing reflective clothing.

The muscles which the exercises are developing in the aerobic workout are:

- The heart muscles
- the capillaries

The being developed on the weight workout are:

- quadriceps
- hamstrings
- lattimos dorsi
- calf
- biceps

- triceps

My warm up involves:

- easy jogging
- short sprinting
- stretching

The reasons for this are:

- to improve blood circulation to get enough oxygen in our muscles to allow them work at full capacity without injury
- to prepare the body for exercise
- To allow the muscles to stretch themselves to more than their normal length.
- To increase the range of movements in our joints
- To reduce our susceptibility to muscle injuries

I shall be stretching all of muscles in general but more specifically I shall be stretching my lower body muscles i.e. hamstrings, groin, quads and calf.

My cool down involves:

- Very slow jogging
- Stretching. But slightly longer than when you are warming up

The reasons are:

- To decrease the heart rate and bring the blood circulation back to normal
- To re-stretch muscles
- To get rid of lactic acid in the body
- To avoid cramp

Methods of training that will help me develop my identified activity fitness requirements are working in groups because:

- It will increase motivation
- Increase confidence

This form of training is ball work. More specifically:

- Passing
- Dribbling
- Shooting

The benefit of this training is Improving game skills i.e. teamwork, decision making, co-ordination

Specific exercises I need are:

- Dribbling with the ball
- Ball control
- Shooting at a target

The reasons for these are:

- To improve balance
- To improve ball control
- To improve co-ordination

The F.I.T.T principal for my PEP is as follows:

- The frequency shall be 4 times per week
- The intensity shall be high on all sessions
- Each session shall be 2 hours long
- The types of training are aerobic, weights and skill

I calculated each session to be high intensity because in each session my pulse rate would take longer than normal to get to my normal resting heart rate which shows that there is progression and overload

Each of my sessions have shown intensity, progression, overload and progression.

I am a 16 year old male so, considering my age and gender it will make difference to how I will approach my PEP:

- It is unsafe for me to do an adults intensity level at the age of 16
- I will have a better performance level than a female.

My training forms a part of a periodised programme because without periodising I cannot control or keep track of what I am doing