

Action plan

Through out my portfolio I aim to carry out skill's and fitness tasks. The type of fitness training I am doing will be endurance, strength, flexibility speed and agility. There are a number of ways I can test and train. The area of fitness, times trained and activity are listed in the table below:

Component	Time	Activity
Endurance	2 times a week (1-5)	Cardiovascular
	3 times a week (6-10)	
	One a week	Gym classes
Strength	Once a week	Tread mill, cross trainer, rower
	Once a week	Resistance training
	Twice a week	Weights
Speed and agility	Once a week	Fartlek (speed play)
	Once a week	Speed training

Our aerobic capacity is also know as cardio respiratory endurance or stamina. It's the ability of our heart and lung to cope with actives over a long period of time strenuous activies , using the whole body to keep our active muscles supplied with energy and removing waste. The better our aerobic capacity is the longer we can do our activity for.

To improve aerobic capacity it takes regular heart rate of between 60- 80 % of our maximum heart rate for a minimum of 12 minutes increasing up to 40 minutes.

Professional athletes and performs will work in excess of an hour 4 times a week on aerobic capacity.

There are three tests for to measure vo2 max

The bleep test

Harvard step test (recovery time recorded)

The Cooper twelve min run (distance measured)

Fartlek, developed in the 1930's, comes from the Swedish for 'Speed Play', combines continuous and interval training. Fartlek allows the athlete to run whatever distance and speed they wish, varying the intensity, and occasionally running at high intensity levels. This type of training stresses both the aerobic and anaerobic

Things I am improving:

Endurance – improving the length and time I train for should allow me to perform for longer and more strenuously in match situations. Allowing to keep up and even manipulate the pace of the game.

Speed and Agility- will allow me to turn and beat defenders to the ball giving me a clear advantage and goal scoring opportunity.

Strength- I will be improving upper body strength as well as lower working on muscle strength will allow me to hold off players. I will also be more powerful when performing specific techniques. E.g. long passing and shooting.

Gym classes I will be attending are:

Body Combat

Combines powerhouse moves and stances developed from a range of self-defence disciplines including Karate, Kickboxing, Tai Chi and Tae Kwon Do, into a “take no prisoners”, adrenaline pumping routine. It is an empowering, athletic workout that will have you “fighting fit” in record time!

Body Pump

A 45 to 60 minute non-impact, resistance-training programme, which utilises barbells and adjustable weights helping to improve muscular strength & endurance. It is a studio-based group session, which is led by highly skilled, motivating instructors who receive on-going training to ensure every class is safe, effective

RPM

Set to the latest chart-topping tunes, RPM is a fun, athletic cardiovascular cycling workout that guarantees to leave you on a high and wanting more. A prolific calorie guzzler, RPM burns fat fast. It is also murder on the butt and thighs, so not only will you feel great but you'll look amazing. Don't delay, ride the calorie killer now...but be warned, it's addictive!

The skills training I will carry out will be specific to improving my performance.

I will work on skills twice a week: one week I will be looking at long passes and shooting the next I will be looking at slide tacking and beating a player.

Component	Time	Activity	Improvement
Long passes	Week 1,2,4,7	Making gates with cones and aim to play the ball high to drop between the cones.	This should improve my passing accuracy so I can aim to play a perfect long ball over a defender to drop at the feet of my striker.
Shooting		Laying cones out in specific places then shooting from the cone into the far corner of the net scoring system cones across the goal one for a shot down the middle of the net 2 point for towards the nearest side 3 for far side and 5 for hitting the inside of the post.	To improve shooting accuracy and power while the ball is moving and still. Left and right footed
Slide tackling	Week 1,3,6,8	Playing against and opponent get the player to run with the ball then time slide tackle.	Improving timing and technique also working out the right power for each tackle.
Beating a player		A rectangular shape made out with cones get to opposite side you start on. Beating the player and stopping the ball on the opposite side.	Incorporating tricks to make more space as well as improving positional play and improving confidence,

I will do a test to check progress from week one, five and ten.

Week 1

Cardio vascular test:

I completed the bleep test

The test is made up of 23 levels where each level lasts approximately one minute. Each level comprises of a series of 20m shuttles where the starting speed is 8.5km/hr and increases by 0.5km/hr at each level. On the tape/CD a single beep indicates the end of a shuttle and 3 beeps indicates the start of the next level. The test is conducted as follows:

I reached level 14

Speed test

To test my fitness I did 4 x 60m sprint then had a minute rest between then a recorded my times and found the average. Sprinting is important as in a match situation I may need to sprint from my penalty area to the other to support the strikers.

My times were 7.23, 7.03, 7.9, 8.2

Agility

Sit and reach test

I managed to reach 4 cm that is below average

The following are national norms for 16 to 19 year olds.

Gender	Excellent	Above average	Average	Below average	Poor
Male	>14	11 - 14	7 - 10	4 - 6	<4
Female	>15	12 - 15	7 - 11	4 - 6	<4

Gym session

This week I did cardiovascular work as well as doing weights to build muscle doing between 6 and 8 reps at a difficult weight. I will set the cardio equipment to fartlek training session. This means the intensity will be constantly changing. As my programme goes on over the 10 weeks I will gradually see an increase in my performance of these activities.

Activity	Time	Intensity/ reps
Tread mill	15minutes	8
Rower	15minutes	8
Stepper	8minutes	6
Quadriceps leg extender	57.5kg	3x8
Hamstrings leg curler	40kg	
Calf raises	57.5kg	
Bicep curls machine	32kg	
Triceps extenders machine	32kg	
Pectoral fly	57.5kg	
Back pull downs	40kg	
Back extender	40kg	
Free weights	10kg	

My hamstring activity is lower due to tearing my hamstring when I was younger.

Week 1 plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk progressing into steady jog then stretching.	Stretching	Stretching	Light jog and stretching	Dynamic warm up		Stretching
Gym equipment muscular multistage testing anaerobic (1.20)	Long passes and shooting	Sit and reach test Aerobic cardio work out 1hr	Slide tackling and beating a player.	Bleep test	No match this week	Game with friends
Cool down stretching	Stretching	Steady swimming	Dynamic cool down	Steady jog and stretching		Walk and stretch

Evaluation

Bleep test – level 14

Speed over 60m – average 7.59

Slide tackle I made 6/10

Long pass- I was happy with 4/10

Shooting – 17/30

Beating the player – I beat the player 6 times within 5minutes

I arranged my plan like this so my body had time to recover. I felt I did quite well in stamina tests and speed test. I would normally have a rest day Sunday but thought I would have a match with friends. I found the week quite hard because I felt I pushed myself a lot. Muscles needed a good deal of stretching Sunday to loosen them. I chose these skills because I new they needed improving on as they are the weaker aspects of my game. I aim to get much better results by the end of the programme.

Week 2

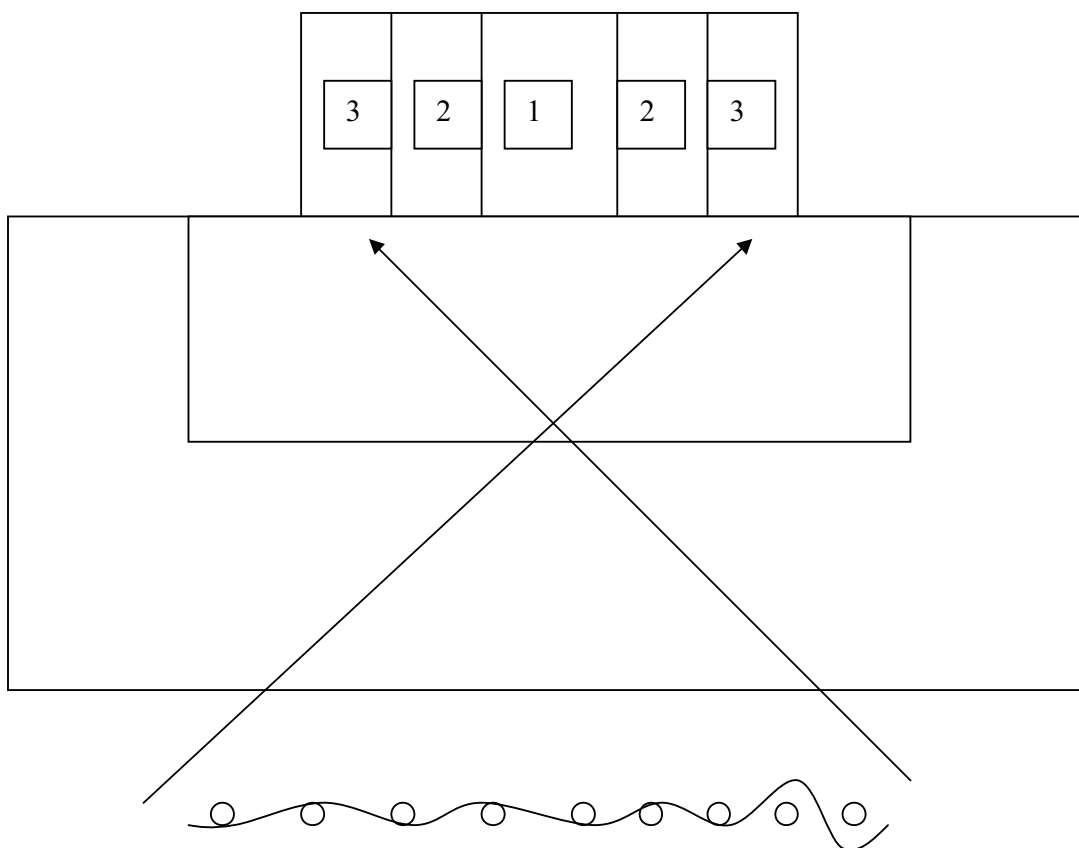
Long passes

the green dot represents me. I will start off 40m away and try to get the ball to land between the red cones but between the red and the blue I will give myself half a mark. i will move the blue cones further



In as I progress from week to week

Shooting



Dribble in and out of the cones then shoot across goal. Points are scored for hitting the marked areas of the goal then a bonus 2points if the ball hits the frame of the goal and goes in.

Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk progressing into steady jog then stretching.	Stretching	Stretching	Group warm up	Stretching and fast walk	Dynamic warm up	Stretching
Gym equipment muscular multistage	Long passes and shooting	Weights	Body pump class	Fartlek training for endurance	Match	Rest day
Cool down stretching	Stretching	Steady swimming	Dynamic cool down	Steady jog and stretching	Cool down	

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Quadriceps leg extender	57.5kg	3x8
Hamstrings leg curler	40kg	
Calf raises	57.5kg	
Bicep curls machine	32kg	
Triceps extenders machine	32kg	
Pectoral fly	57.5kg	
Back pull downs	40kg	
Back extender	40kg	
Free weights	12kg	

Evaluation

I found performing in the match hard because of having tight muscles from endurance training on the Friday. Rather than having a rest day after the match I will have it before. I stayed at the same level at the gym for every thing except free weights, which I increase to 12kg. The reason I stayed at the same level is I found it difficult last week and this week the frequency of my training was progressed

Match

We won our match 2-1

I played 90minutes

My stamina was ok although my legs ached from Friday

I felt more confidence using my body to protect the ball. Possible physiological due to doing more training.

I got an assist with a long ball over the top

I felt as though I could of made a bigger impact on the game if I could run fast so I will incorporate some activities for this next week.