Developing Agile Footballers

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To Summarise

~ 45° lean, knee (~ 90°) through glass, arm snap



~ Land under hips, +ve shin angle



Low recovery (~ under knee) at ankle cross



To Summarise











Linear Deceleration must be trained



- But how much does it need to be coached?
 - How else can the body position itself to decelerate?
- What dictates how many steps you need to take?
 - Consider the impulse momentum relationship
 - $\Delta \boldsymbol{p} = \boldsymbol{m} \Delta \boldsymbol{v} = \boldsymbol{J} = \boldsymbol{F} \Delta t$





The Academic vs. The Coach

Academic

- Validity + Reliability + reductionism
- We need to isolate the physical capacity and be sensitive to small changes

Coach

- Logistics + time + resources + utility
- Athlete is a complex system inseparable from their environment





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Isolating CoDS

- If we don't want our CODS test to be a measure of speed:
 - Linear distance must be short (< 10 m)
 - Turns need to be sharp (> 60°)
- ≥ 2 turns so majority of test (> %) is spent decelerating, turning, and re-accelerating
 - Not so many turns that the test becomes a measure of anaerobic fitness.
 - Keep total distance short to achieve these two points
- Maybe assess one turn, leaving us certain of what the test is measuring, e.g., CODS while turning 180° or 90°.

















Principles first

- The Key is to understand the mechanics.
- With this you can train all CoD manoeuvres (e.g., 45°, 90° cut)
- It's about manipulating: DoF, BoS and CoM



- 1. Closed
- 2. Resisted
- 3. Open
- 4. Sports context









