



# #5 ORGANIZATION OF TRAINING IN WATER FOR FOOTBALL PLAYERS

**BENEFITS :** Excellent physical fitness, better performance of football exercises and tasks, better injury prevention, greater motivation for work and self-confidence, better mental health, better recovery, and rehabilitation.

## SCHEMATIC DIAGRAM

Part of training	Phase	The order of solving tasks	Type 1	Type 2	Type 3
INTRODUCTION (warm up)	General	Cyclical exercises of small and medium intensity with full range of movement	FITNESS (pool, in the sea and sometimes exercises on land)	FOOTBALL / GYM	FOOTBALL / GYM / GAME
	Specific	Specific exercises for a particular sport with the aim of preparing for the main part of the training, dynamic stretching exercises			
MAIN	Start	Tasks related to CNS, speed, explosive power, new techniques, and tactics	RECOVERY (pool, sea)	FITNESS (pool, in the sea and sometimes exercises on land)	
	Goal / Task	Explosive power, anaerobic endurance			
	End	Engaging vegetative functions, work on speed if the players are able to provide the maximum, work on endurance in strength, familiar technique / strength / technique, tactics, aerobic endurance			
FINAL (cooling)	Exercises of low intensity	Light swimming / running, fast walking or work with low load	REHABILITATION (pool, sea)	RECOVERY (pool, sea)	RECOVERY (pool, sea)
	Breathing and relaxing exercises	Dive underwater, float and many other land-based techniques			
	Static stretching	Preferably after pliometric activity			



- ★ FITNESS – The last part of the main training OR as a whole separate training. Training is in the Pool, in the sea and sometimes with exercises on land.
- ★ RECOVERY – A final part of the training or a whole separate training. In the Pool or in the sea.
- ★ REHABILITATION – Full training in the Pool or in the sea.

- Training in water lasts up to 45 minutes / 1 time per day (for rehabilitation purposes, it can be organized 2 times per day).
- During the preparation period, training in water can be applied every day.
- The assessment of the sports form will be measured based on established, land / laboratory testing, and matches.
- Testing in the water does not give exact results for the players, because training in water is a tool for football purposes, where results are actually expected!



## RECOMMENDED TRAINING IN WATER FOR FOOTBALL PLAYERS THROUGH CAREER

Training / Age	7 - 9	10 - 11	11 - 15	16 - 17	18+
STRUCTURE	Low		Moderate	High	Very high
ACCENT	Swimming techniques and motion		Volume	Drill	Psychological preparation
NO. OF TRAININGS PER WEEK	1 - 2	1 - 2	1 - 2	1 - 2	1
TYPE	1	1	1	1 / 2 / 3	1 / 2 / 3
MODEL	I	I	I / II	I / II / III	I / II / III
TYPE 1 TYPE 2 TYPE 3	INDIVIDUAL – Full training in the swimming pool: Fitness, Recovery after a game, Rehabilitation ADDITIONAL 1 – As part of a Football / Gym training: The end of the MAIN (Fitness) and FINAL (Recovery) part of the training ADDITIONAL 2 – As part of a Football / Gym training: FINAL (Recovery) part of the training				
MODEL I	<ul style="list-style-type: none"><li>• Culture at the swimming pool and in the water, testing of swimming styles</li><li>• Relaxation, pleasure / fun, and games</li><li>• Training and improvement of swimming techniques (basic and specific)</li><li>• Swimming fitness training (basic and specific)</li><li>• Stretching</li></ul>				
MODEL II	<ul style="list-style-type: none"><li>• Training and improvement of DRILL training techniques for football players</li></ul>				
MODEL III	<ul style="list-style-type: none"><li>• DRILL trainings for football players</li></ul>				



*\* Please note: Development of motivation, self-confidence, and psychological preparation is done from the very beginning of dealing with sports (adapted to the sensible age of growing up) in order to maintain high performance at the senior level and to achieve the maximum of the above components.*

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