



## #2 THE VIEW INTO THE NEAR FUTURE

TRAINING IN WATER FOR FOOTBALL PLAYERS

HERE'S A STORY IN THE NEAR FUTURE ...

An ambitious club, academy, associations, or player (a child / player's parents) invest in the development of players in the long run and act according to the following model, using an innovative approach – **Training in Water for Football Players (TWFP)**.



### THE CAREER PATH GOES AS FOLLOWS

The child has been training football since 8 years old, 4-6 times a week, with 1 training in a swimming pool with duration of 45 min.



1 calendar year = 52 weeks



The player / generation trains 46 weeks a year (6 weeks away from vacation, travel, sick leave, etc.)



The player / generation has 46 training sessions in the water or about 35 hours of water work (water training lasts 45min)



Such a player / generation up to the age of 18 (10 years of work) has between 300 and 400 hours of training in water !



The player continues career individually or in team with water training, through work in future clubs



During the training in the water, the player / generation has correctly learned: swimming styles, culture and behavioral rules in water / around water, models of working in the water adapted to football players (conditioning, psychological preparation, stretching, recovery, rehabilitation only with experts), how to relax / have fun in the water and have gained high work ethics.

! Training in Water for Athletes of Land Sports **improves the skills and condition of players** so they will **be better in their original sports** !

Save this page as PDF