

## High-intensity training

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This training routine, which originally appeared in the UEFA publication "The Technician", is brought to you by Jens Bangsbo, assistant coach at Juventus FC.

**Aims:** 1) Aerobic high-intensity training in soccer  
2) Quick recovery from high-intensity exercise

**Numbers:** 7 v 7 + 2 goalkeepers

**Description:** Normal football play

**Rules:** Middle zone – maximum two-touch play

**Scoring:** Normal scoring

**Type of exercise:** Intermittent

**Duration:** 20 minutes (three rest periods - 90 seconds - 150 seconds - 90 seconds)

**Variations:** a) Middle-zone touches per team limited to six, or the team is restricted to three passes.

b) All players from the attacking team must be in the same outer zone before a goal can be scored. If not all of the defending players are within the outer zone when a goal is scored, then the score is doubled.

c) A team is only allowed four passes in the opponent's outer zone.

**Hints:** The exercise intensity should be the greatest when the teams play in the middle zone. If the players spend too much time in the outer zones and the overall intensity becomes too low, variation c) can be introduced.

**Heart rate range:** 80%-100% of HRmax.

<http://www.uefa.com/TrainingGround/index.html>