



Physical Training

Duration: 60 min | **Focus:** Training for strength and duels | **Level:** Hard

Key Focus Area

Improve physical duels

Training Plan

1v1 Shoulder Battles

Duration: approx. 10–15 min

Start side by side and compete to win the ball using strength and balance.

Shielding Relay

Duration: approx. 10–15 min

Hold the ball while a partner tries to take it. Rotate roles under time constraint.

Ground Duel Drill

Duration: approx. 10–15 min

Loose ball scenario where 2 players battle to control possession.

Core Stability Push

Duration: approx. 10–15 min

Push hands against partner's shoulders while keeping stable core.

Jump & Challenge

Duration: approx. 10–15 min

Practice aerial challenges with contact, simulating real duels.