



Endurance and Coverage

Duration: 75 min | **Focus:** Training focused on running and covering the field |

Level: Hard

Key Focus Area

Improve field coverage and positioning

Training Plan

Half-Field Shuttles

Duration: approx. 10–15 min

Sprint from endline to midline and back in intervals. Focus on endurance, speed, and recovery.

Pressure Recovery Drill

Duration: approx. 10–15 min

Lose possession on purpose, then sprint 10m to win it back within 5 seconds. Repeat with variations.

Long Runs with Ball

Duration: approx. 10–15 min

Dribble across the pitch with changes of direction. Build stamina while maintaining control.

Midfield Interceptions

Duration: approx. 10–15 min

React to passes and intercept within a zone. Emphasize timing, positioning, and quick breaks.

Continuous Pressing Drill

Duration: approx. 10–15 min

Chase and press for 30 seconds while partner passes the ball in a triangle. Train high-effort pressing.

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