



Year 8 Health Related Fitness: Lesson 5 – Making training specific to a sport

Big Question

How can Fitness Training be geared to a specific sport or activity?

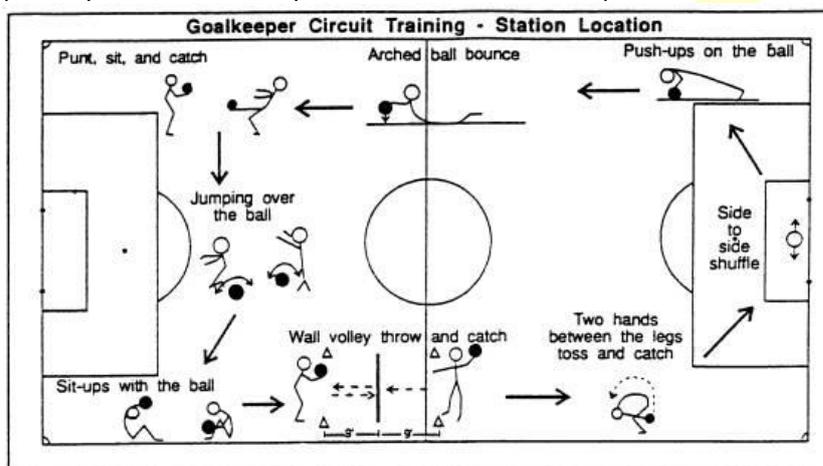
How top sportspeople stay fit

Look at the website below. It gives many ideas on workouts that Premier League Clubs have done over this period to keep players fit.

<https://www.premierleague.com/news/1647476>



Designing a session. Below is an example of a circuit style session for a Football Goalkeeper. Either use this session as a start point in designing one for yourself using some/all the exercises shown, or adapt it for a sport of your choice where you choose what to do at each part of the circuit.



Side 1

Completing your exercise session

Perform your exercise session, remember the importance of:

Risk Assessment/safety checks

Warm-up/Cool down

Evaluate your session and change things for next time. Fill in the sections below.

What was good:

What can be improved for the next time you do this:

Get inspired

If you want to challenge yourself further get together with friends who like the same sport and design a training session that you can do and develop over the course of some weeks where you train and prepare for a specific sport. This may form part of additional or pre-season training for a team/club you play for.