

SAM ALLARDYCE: PHYSICAL AND TECHNICAL DRILL

We work closely with our sports science staff to ensure these demands are being met through subjective assessment primarily, and objective assessment using GPS.

Poor execution of the skill demands occur due to the physical requirements of the drill, misplaced passes or poor decision making when it comes to crossing or shooting.

This drill is designed to replicate the technical and physical demands of competitive football and correlates with later stages of match play, and the players' ability to maintain both high technical and physical skills when under fatigue.

Drill duration is dependent on current training status and the physical ability of the players. It can be manipulated to suit the needs of the players. ■

