

---

# CHAPTER 4

---

## FERNANDO GASPAR

China National Team Coach

Former Real Madrid, Benfica,  
Malaga, Rayo Vallecano, Real  
Valladolid, Racing Santander  
& Numancia Coach

# FITNESS SPECIALIST COACH PROFILE



## Fernando Gaspar

### China National Team Fitness Coach

#### Previous Coaching positions:

- Real Madrid
- SL Benfica
- Malaga CF
- Rayo Vallecano
- Real Valladolid
- Racing Santander
- CD Numancia

#### Credentials:

- UEFA A Licence
- Bachelor of Physical preparation

## Circuit Training with Combination Play & Finishing

15 min



### Objective

We work on passing, combination play, player movement and timing of runs within a conditioning circuit.

### Description

Using half a full sized pitch, the players are divided into 4 different areas. In area 1, the players do 5 sit-ups, in area 2 they skip through the speed ladder, in area 3 they jump 5 hurdles and in area 4 the players hop using alternate feet through the speed rings. Each player must perform their designated exercise before taking part in the passing combination.

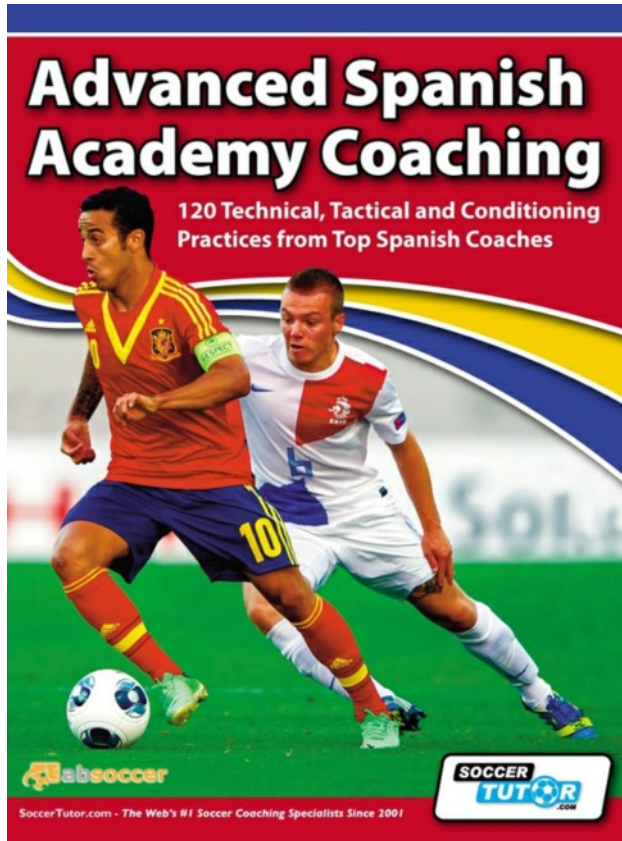
The first player in area 1 starts the circuit by passing the ball to the area 2 player, who passes to the area 3 player. Player 1 makes a curved run around the cone into the box (black line) and Player 2 makes an overlapping run on the flank to receive the next pass back from Player 3.

Player 3 (blue line) and Player 4 (orange line) both make curved runs into the box as well and Player 2 completes the circuit by crossing the ball into the box for one of the 3 players in there who try to score a goal.

### Coaching Point

The coach has to coordinate the movement of the 4 players to make sure the timing of the passes and the movement is right.

## 120 Technical, Tactical and Conditioning Practices from Top Spanish Coaches



**BUY YOUR COPY NOW!**

Full Colour Print and/or eBook

Worldwide Shop:

**BUY NOW**

USA / Canada Shop:

**BUY NOW**