

INVITED PRESENTATION**ON-FIELD CONDITIONING FOR LARGE GROUPS: THE FORGOTTEN ASPECT IN
STRENGTH AND CONDITIONING.****Stephen P. Bird, PhD***School of Health and Wellbeing (Sport and Exercise Science), University of Southern Queensland,
Ipswich QLD Australia*Email: stephen.bird@usq.edu.au**Glenn Corcoran, MExSc(S&C)***Bond University High Performance Training Centre, Gold Coast, Australia*Email: gcorcora@bond.edu.au**Abstract:**

In football codes it is common for strength and conditioning (S&C) coaches to be confronted with extremely large player numbers (more than 100) to complete field conditioning. It is then that the S&C coach begins to realise that “conditioning” is sometimes the forgotten aspect in program design and the critical role that planning plays in achieving sequential flow from drill to drill. Glenn and Stephen will outline key planning and conceptual approaches to running on-field conditioning sessions for large groups. Most importantly, running field conditioning for large groups is not simply about planning and conceptual approaches but about execution, applying and implementing these concepts to achieve successful session outcomes.