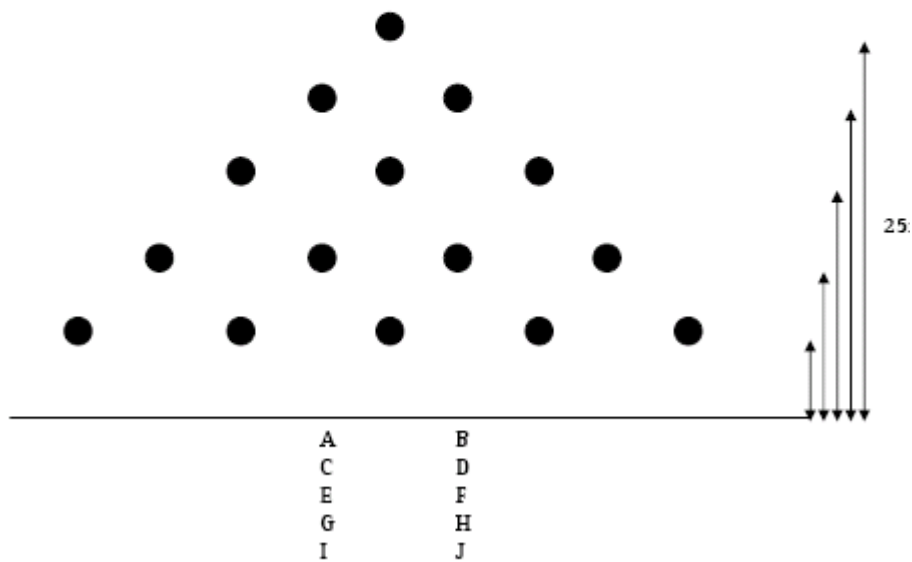




## SPEED EXERCISES FOR IN-SERVICE TRAINING

### A. Strudwick

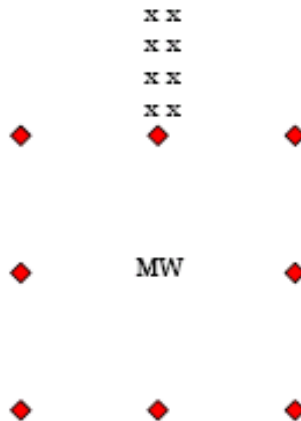
- ♦ First exercise referee A has to run around a cone on the first row and return 'home' trying to lose his partner, thus snapping the reaction belt.
- ♦ Second exercise referee B has to run around a cone on the second row and return 'home' trying to lose his partner, thus snapping the reaction belt.
- ♦ Third exercise referee A has to run around a cone on the third row and return 'home' trying to lose his partner, thus snapping the reaction belt.
- ♦ Forth exercise referee B has to run around a cone on the fourth row and return 'home' trying to lose his partner, thus snapping the reaction belt.
- ♦ Fifth exercise referee A has to run around a cone on the fifth row and return 'home' trying to lose his partner, thus snapping the reaction belt.



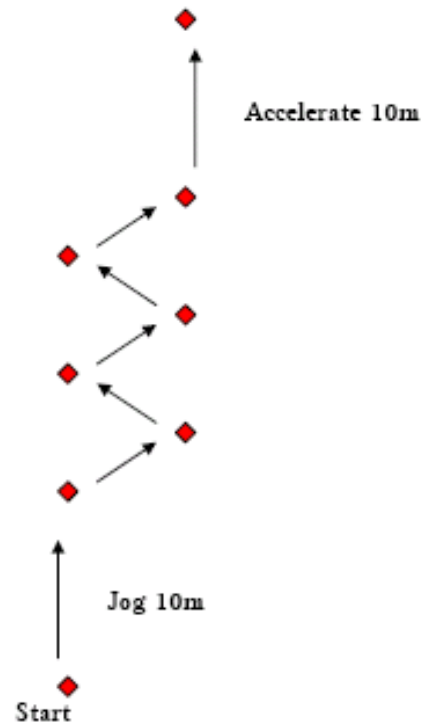
- ♦ Repeat from fifth exercise back down to the first, but this time with B leading on the first exercise for SET 2



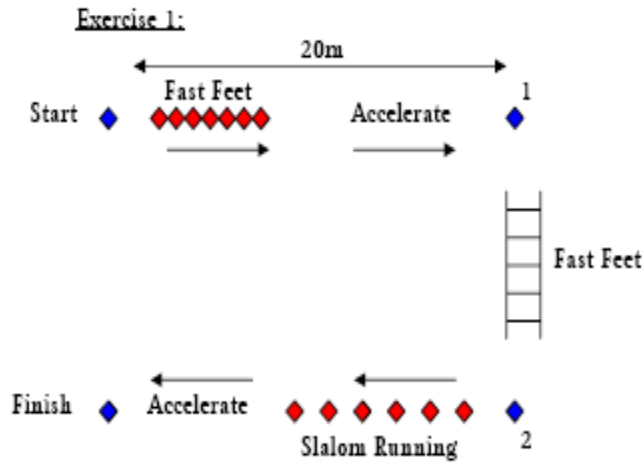
Agility Exercise I



Agility Exercise II

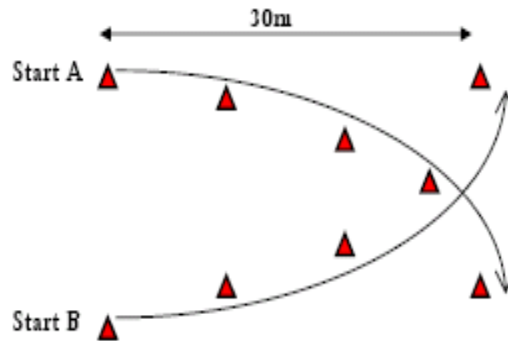


- ♦ Set the slalom poles / cones at 4 metres apart and at an angle of 45°.
- ♦ Jog 10m towards the slalom course.
- ♦ Agility sprints down the inside of the course, touching each pole / cone as you reach it (as opposed to turning around it).
- ♦ Try to focus and cutting the angles as sharp as possible on your turns, getting a firm foot plant, the head in the right direction, and first 2 - 3 step explosion.
- ♦ On touching the final pole / cone, explode into a 10m acceleration sprint.
- ♦ Walk slowly back to the start.
- ♦ Perform each sprint maximally in order to gain the full physiological benefit and remember the work:rest recovery ratio of 1:15 as this work should be quality and non-fatiguing. Your HR should be back to 60 - 65% HR<sub>max</sub> prior to each individual sprint.



- ◆ From the start, fast feet through the slalom poles, accelerate to cone 1, decelerate around the cone, accelerate into the ladder for fast feet exercise, continue acceleration to cone 2, decelerate around cone 2, slalom running through the poles, accelerate to the finish.
- ◆ 4 repetitions of this exercise.

**Exercise 2:**



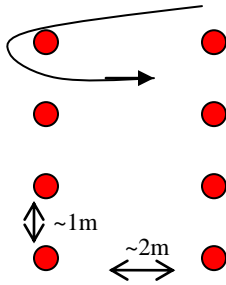
- ◆ Perform 4 of the above 'arched' sprints over a 30m course.
- ◆ Notice the arch gets more progressive with increasing distance.
- ◆ x2 from Start A and x2 from Start B, therefore 2 sprints turning on the right shoulder and 2 turning on the left shoulder.



### SPRINT TRAINING DRILLS

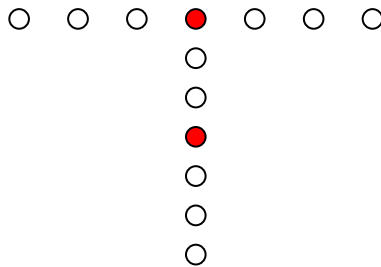
#### Neural/ Fast Feet Drills

##### Ladders



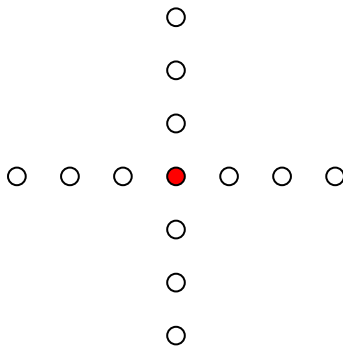
Players ascend the drill by moving along the cones and then moving up a set of cones (i.e. move up rungs of the ladder). Drills include: sides; backward sides, forward and back, forward to off-side spine, forward to turn. Movements with the ball, or kicking a stand-up cone, at the end of the rung can be added in to simulate 1-2 actions.

##### T-shape fast feet



Set players off alternately from each end of the top section of the T. Change the form of fast feet at each red cone  
 e.g. 1. doubles, sides- check back 1, singles back and forth, slalom, singles  
 2. back & forth, slalom, singles

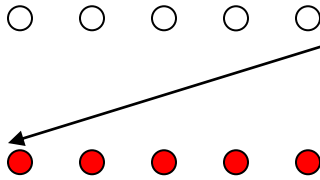
##### Criss-cross fast feet



Players start from opposite ends of the cross. Possible drills :-  
 1. players perform fast feet in the middle then break to opposite ends  
 2. Players perform face feet to just short of middle then race to the same end by reacting to a designated player

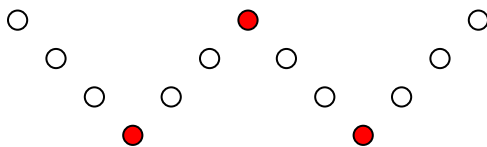


### Parallel fast feet



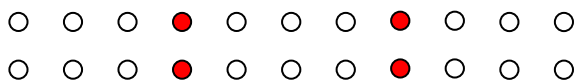
Perform a set of fast feet over the white cones then turn and sprint diagonally to the start of the red cones and perform another set of fast feet (choice of fast feet are optional). Set up a mirror version so players race.

### W-Shape Fast Feet



Set-up a mirror version so 2 players race. Perform fast feet, changing the style at each red cone. e.g. back & forth, slalom, sides, singles.

### Reaction Fast Feet

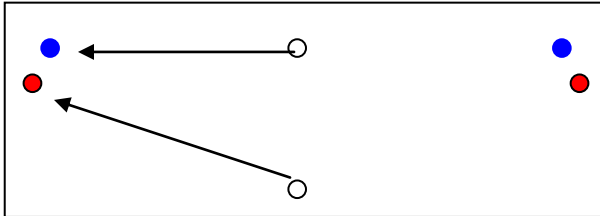


Players ascend the ladders performing a simple fast feet action (e.g. doubles, sides). Players react to calls from the coach eg. Check = back 1, go= single fast feet, change= switch sides



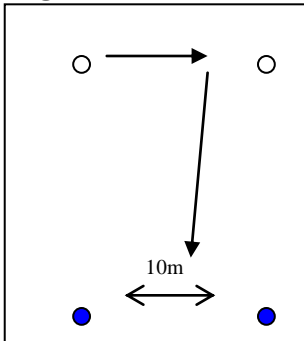
## Reaction SAQ Drills

### 180° turn Crossover reaction



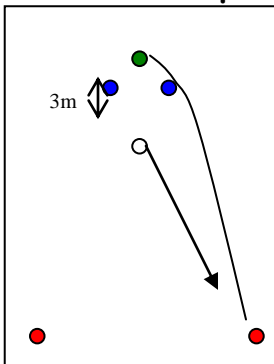
Players start as indicated with the red player looking away from the white. White player sets off for 1 off the red cones. As he does so he shouts white player to turn. Red players spins and sees which way white players has gone and races to the blue cone on the corresponding side

### Jog to Horizontal Reaction



Players jog across the white cones, the red player acting as a defender and the yellow an attacker. At any point while jogging across the yellow player makes a burst across the red player and races to the blue cones. The red player responds and races.

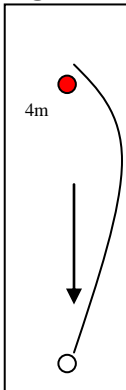
### 180° turn Dropstep reaction



The white player starts at the white cone facing away from the red player. The red player sets off for 1 of the red cones but must pass outside the corresponding blue cone (i.e. if right red cone go outside right blue cone) as red player is setting off shouts for white player to turn. White player sees which way the red player has gone and races to the corresponding red cone

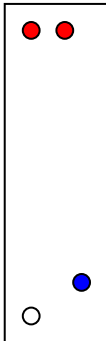


### Right side Turn Dropstep Reaction



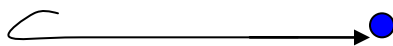
Players position as indicated facing each other. Yellow player runs around the outside of 1 of the flags racing to the white cone. The red player must dropstep to the corresponding side and race to the white cone

### Off-set Opposite Facing



Place two cones ~2m apart in a diagonal line. Players stand over the cones facing in opposite directions (i.e. 1 concentrates on false start, the other on a dropstep). Players are racing through the red gate. Each player has a go at starting the drill and the other player reacts in each role (i.e 8 reps)

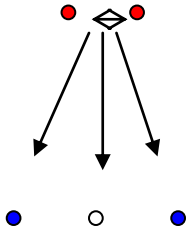
### Back to Back Spin



1. Player stand back to back. The rear player spins off and players race to the blue cone.  
2. Same as above but front player has ball at feet. He dribbles away and back players has to spin and pressure players before he reaches blue cone.

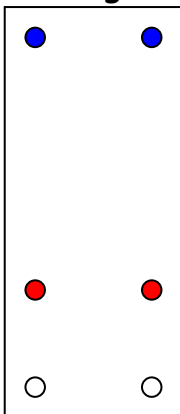


### 1. Sides Reaction & 2. Sides Dropstep Reaction



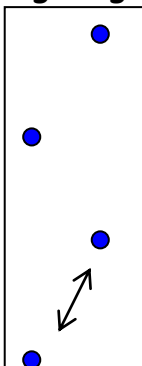
1. players perform sides back & forth between the red cones. At any point the yellow player races towards the white cone. The red player attempts to tag the yellow player before he gets there.
2. players perform sides between the red cones facing away from the course. At any point the red player performs a dropstep and races to the blue cone on the corresponding side. The yellow player reacts and races to the appropriate cone.

### Walking Reaction



Player perform the same moderate paced activity (sides, jog, backjog, 1 forward 1 jockeying, etc.) starting from the bottom white cones. At any point before the red cones a designated players bursts away and players race to blue cone.

### Zig-Zag Reaction

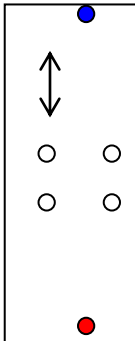


Players jog a zig-zag run as an attacker and defender so they face each other with the defender moving backwards and attacker forwards. Defender should show the attacker the outside line. At any point the attacker attempts to burst past the defender. The emphasis of the drill is for the defender to turn appropriately depending on which side the attacker runs past him (i.e. dropstep or crossover). Either emphasise the crossover or dropstep or leave it optional for the attacker



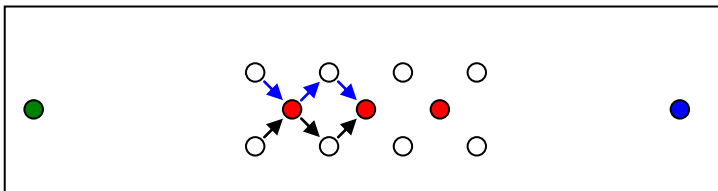


### General Partner Reaction Drills (Diamond, Mutidirectional)



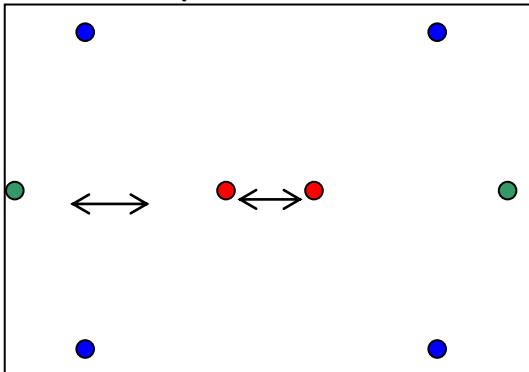
Set up a central area (a line of cones, square/ diamond shape) where players perform an activity (e.g. Sides, forward and back). A designated players burst to one of the markers laid out and the partner must react and race the partner.

### Mirror Back & Forth Crossover Reaction



Players move back & forth in a zig-zag fashion switching the direction they face as they reach each end of the middle section (option of switching sides as well). Players respond to a colour call and race to the corresponding cone at the sides using a crossover step.

### Sides 4-way reaction



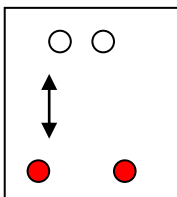
Players face each other either side of the red cones. 1 player dictates the run and initially performs light sides between the reds, with the opposing player mimicking the sides. At any point the dictating player burst for one of the surroundings cones.

1<sup>st</sup> 2 reps: break for one of the green cones. Coach crossover mechanics

Last 4 reps: Break for a blue cone. Coach dropstep and false step mechanics.

Swab who dictates the run with each repetition.

### Stance Switch and Barge Races



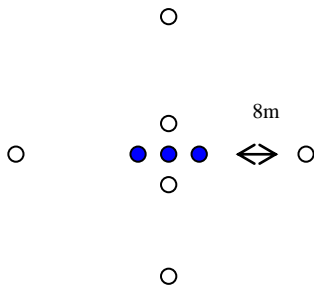
2 players stand over the red cones each ~ arms length apart. On command they race through the whites cones, through which only 1 player can fit

**Stance Switch-** Call directions for players to face before 2go2 command to race

**Barge races-** players meet in the air (shoulders/ chest) before racing



### Criss-Cross Reaction



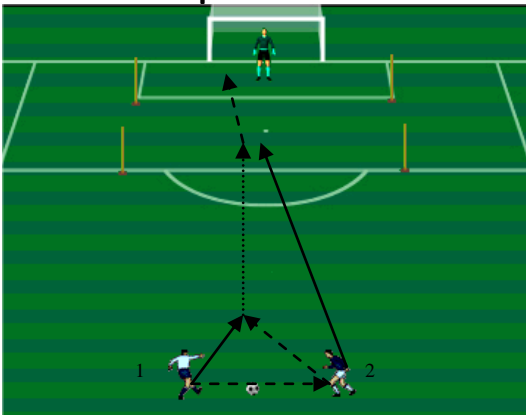
Players mirror sides facing each other in the centre cone. The leading player can switch the direction of the sides. The lead player breaks to any of the surrounding cones and the opposing player must go to the opposite

### Relay Races

Set up 10-40m section relays appropriate for the number. Use different starting positions for each rep (i.e. dropstep, push-up, normal). Groups should be <8.

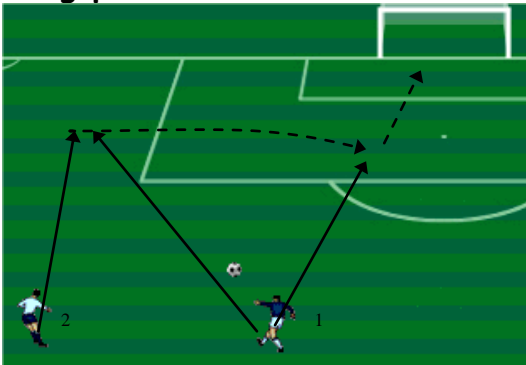
### Football Drills

#### 1-2 Catch-up



1 passes to 2 and immediately starts to run towards goal. 2 lays the ball off for 1 to run onto and sets off in pursuit of 1. 1 collects the ball and dribbles towards the goal and attempts to shoot between the edge of the box and the penalty spot.

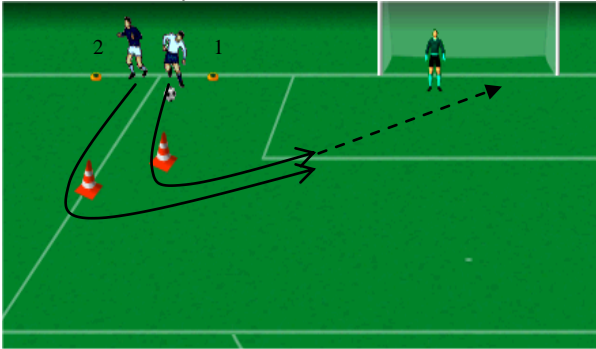
#### Wing pass cross & Finish



Player 1 plays the ball down the line for player 2 to run onto and cross. Player 1 sprints to attack the cross. Jog or walk back to recover. Rotate roles and sides. Alternative: Add defending players, starting just behind the attacking players



### Dribble v Sprint

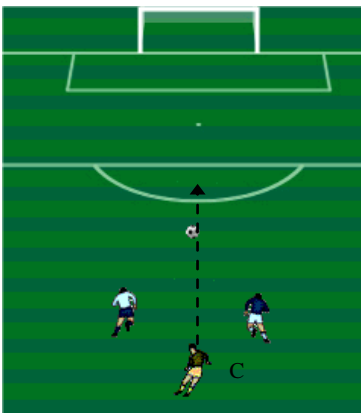


Player 1 has attempts to dribble around the near cone and shoot on goal. In reaction to player 1 setting off, player 2 has to sprint around the far cone, which is set further out and away from the goal, and attempt to tackle player 1

### Dual Races

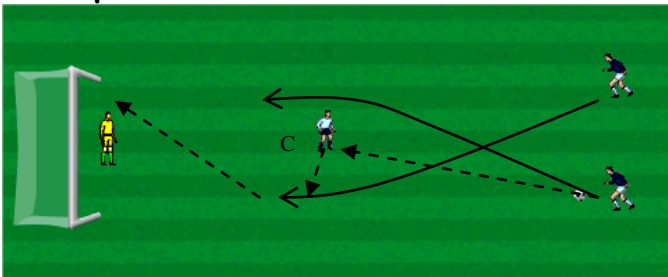
Set up an obstacle course (fast, feet, hurdles, etc) mirrored from a centre of a goal. On the coaches command, players race to strike the ball into the net

### Race Attack



2 players stand symmetrically equal distances from the goal. The coach (C) plays a ball through and the players race to be 1<sup>st</sup> to the ball and strike at goal.

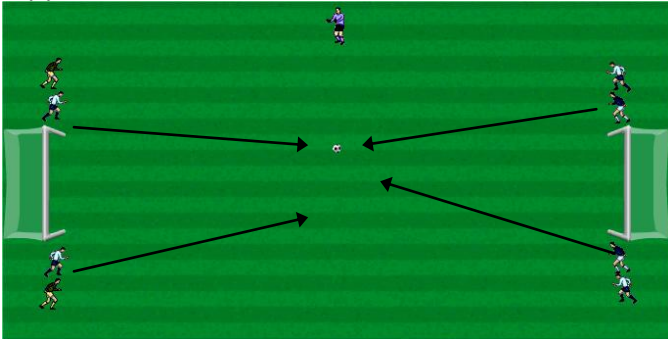
### Set-up Shoots



Any drill where a player(s) passes the ball to the coach who lays the ball off for the player(s) to sprint onto and finish. In the example shown, the ball is played to the coach and the players make a crossover sprint. The coach lays the ball for one of the players who shoots at goal, with the other player following for rebounds

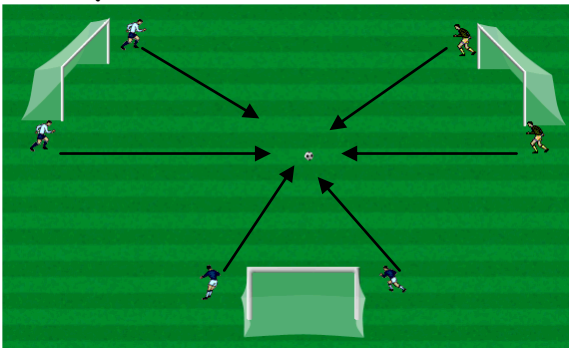


### Opposite end 1v1 or 2v2, etc



Player start at the side of the goal. Individual or groups of players are allocated numbers at each goal. The coach feed a ball into the centre and call out one of the allocated numbers. Corresponding numbers from each side race out to win possession of the ball and shoot as quickly as possible.

### 3-Way 2v2



Players pair up and stand either side of 1 of 3 goals. The coach feeds the ball to area so that all goals are roughly and equal distance away. Players race to gain possession and score in either of the other goals.

### Criss cross & shoot



Players perform an agility task (e.g. slalom, hurdles), sprint to the central cone, turn to 1 of the goal and strike a ball feed by the goal keeper. Possible set ups :-

1. players set off from opposite ends as the players reaches the centre cone and attack opposite goals, returning to the opposite side
2. players set off at the same time from opposite sides and attack the same goal.

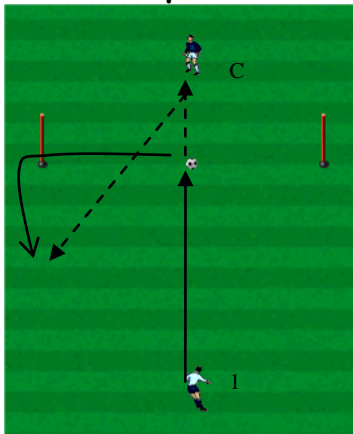


### High Speed Take-on



Player 1 receive the ball (from a pass or stationary start) so he has enough room to achieve high dribbling speed with player 2 sprinting out as player 1 advances.

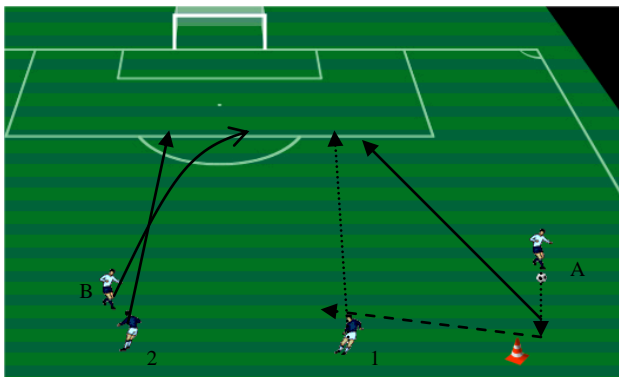
### Check & Spin



Player 1 sprints towards the ball and pass to the coach (C). 1 then performs sides to one of the poles and spins off to receive a through ball from the coach. Repeat on alternate sides

### Counter Attack Drills

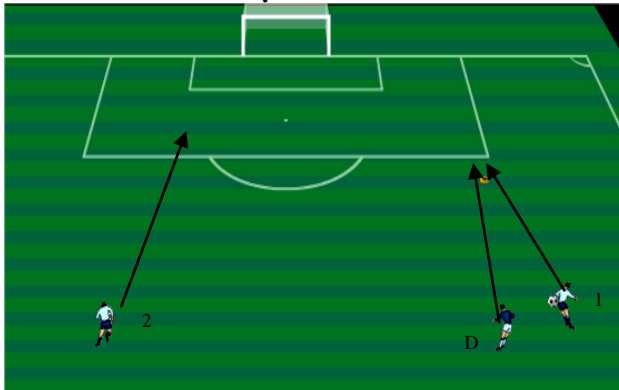
#### 2v2 Counter Attack



Player A dribbles toward the cone and attempts to pass to B. 1 intercepts the pass and dribbles to attack the goal with 2 in support. Player A attempts put 1 under pressure. Movement of player B is dictated by how much player A recovers. Swap roles each repetition

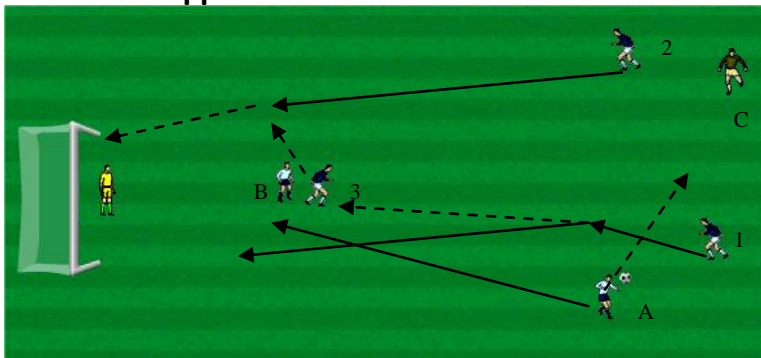


### Dribble Catch-Up



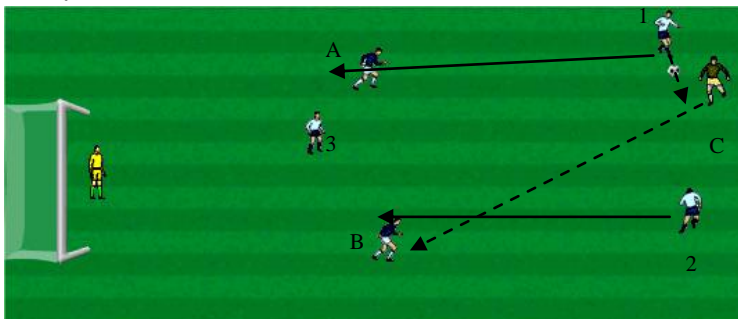
Player starts with the ball and dribbles towards the cone as fast as possible. Player sprints in support and D chases 1 attempting to tackle him. 1 must reach the cone before he is able to cross. At this point 1 can carry on for goal or cross for 2.

### Midfield Support 3v2 Counter Attack



Player A starts with the ball and attempts to pass to the coach (C). 1 intercepts the pass and attacks the goal as quickly as possible with player 2 & 3 in support. Player A sprints back to defend and player B defends the goal. Emphasise as quick as shot as possible.

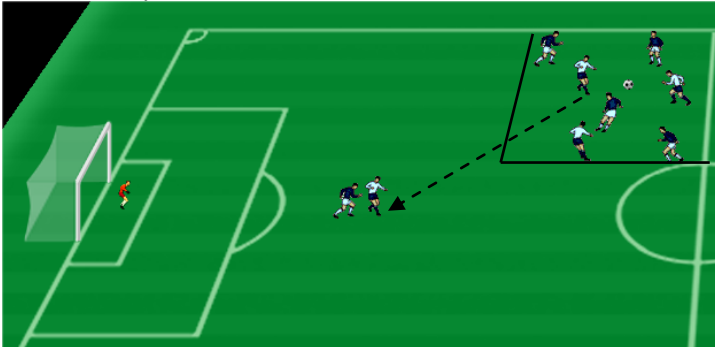
### Midfield Retreat 3v2 Counter Attack



Player 1 start with the ball and attempts to pass to 2 but the pass strays to the coach (C). The coach passes to either A or B who then attack the goal. Players 1 & 2 have to sprint back to defend. Player 3 attempts to hold up play until 1 & 2 get back.

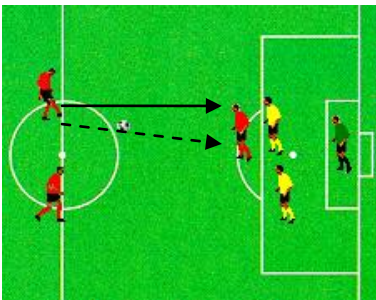


### Box Escape



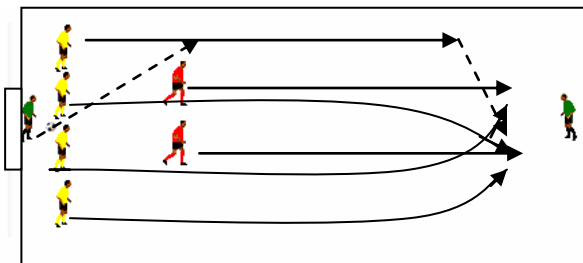
Players play possession in a designated area. One team has 1 less players and tries to gain possession of the ball. On doing so this team passes to the attacking player outside the box and on the players on this team sprint out of the box to support the attacker. The player that lost possession has to sprint back to help defend.

### Defend Counter Attack



Two defender stand near the edge of the penalty box with a single attacker just in front of them. A further 2 attackers start from the  $\frac{1}{2}$  way line. One attacker plays a long ball to the attacker near the goal and the both attacker sprint to support the lone attacker to make 3v2 against the defenders. Rotate the defensive players with each repetition. Emphasize Quick support, rapid utilisation of extra man, angles in defense.

### Length Breaks

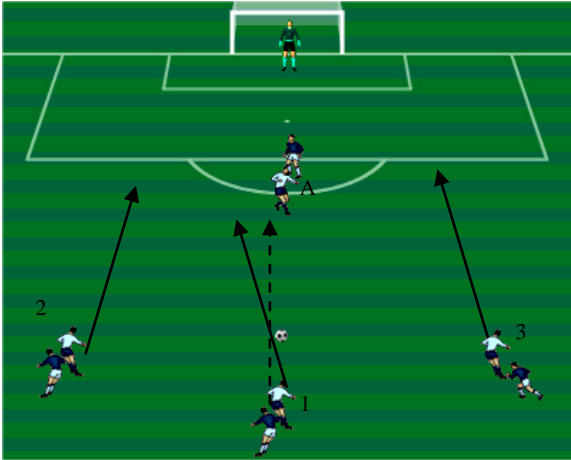


Keeper feeds the ball down 1 of the wings. Wide player on that side runs onto the ball, dribbles as fast as possible down the wing to cross in front of the opposite goal. Other attacking players and defenders run to the goal to attack or defend the ball. Switch attacking a defending players each rep. Emphasise fast break as possible, minimal passes before shooting  
Variation: Use only 3 attacking players



Manchester United F.C.

### 4v4 Break



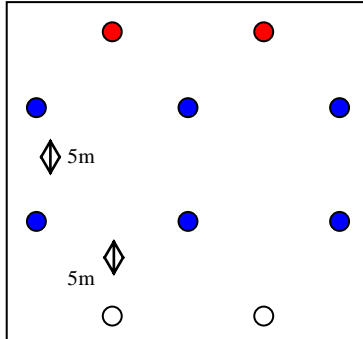
The drill starts with player 1 passing to player A. Players 1, 2 & 3 immediately sprint in support to attack the goal. The defending players start slightly behind the attacking players so they have a greater distance to cover. Emphasise shooting as quickly as possible and passing so the players can maintain sprinting. Swap roles with each repetition





## Agility Drills

### Multiple Square Agility

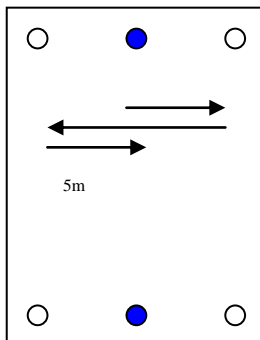


Players start at the red cones. Players run the same set pattern in the blue square and finish at the white cone at the top.

### Sides Cones Push

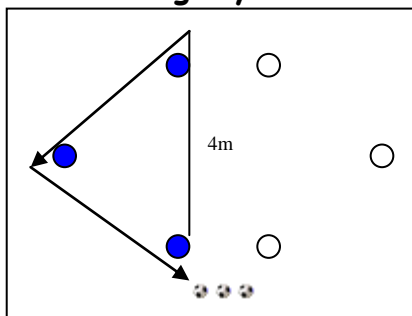
Players stand either side a stack of cones. Performing sides 1 players moves up and down the line pushes over cones. The opposing player has to mirror the sides and pick the cones up

### Sides 5-10-5 Races



Set a column of cones at 5m intervals and line players along the middle. On command all players race to 1-side switch to the other side and finish in the middle

### Odd Ball Agility



2 Players start at the bottom of each triangle. Players run the pattern indicated and touch the outside ball, repeat the pattern racing to the final middle ball



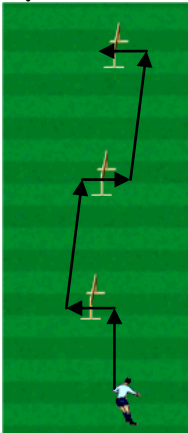
### Deceleration Drills

#### Stride Length Fast Feet



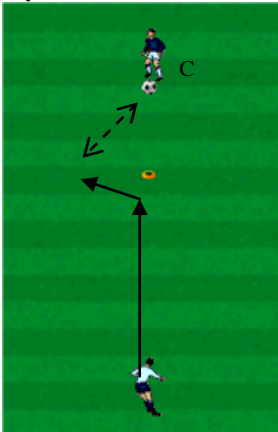
Players sprint as fast as possible towards the fast feet cones. Over the cones players shorten the stride length but quicken stride rate, attempting to lose as little speed as possible. Emphasise that players should not lean back and land on their heels (land on the balls of the feet)

#### Sprint to Lateral Hurdle



Players sprint towards the hurdle as fast as possible. At the hurdle players must come to a complete stop, braking as late as possible, and laterally jump over the hurdle. Upon landing the player

#### Sprint to lateral 1-touch



The player sprints towards a cone placed in front of the coach. As he is about to reach the cone the coach plays a ball to the side of the player. The player has to brake as quickly as possible to perform sides and 1-touch pass the ball back to the coach.