

## Rangers FC Academy - Speed and Agility with a Ball

**Date:** 19/Aug/2011**Measurement:** Half a Pitch**Time:** N/A : N/A**Players:** 1**Duration:** 20**Level/Age Group:** U11 – U14 (Intermediate)

**Description:** In small groups, the players execute a series of fast feet and agility exercises incorporating a ball. At the starting point, the first player starts between the poles, dribbles up between the 2 blue cones and plays a pass to the end of the ladder, then executes a two-step run through the ladders before retrieving the pass. He then returns to the starting point executing feints/moves at both cones. A variety of agility exercises can be introduced along with various conditioned moves with the ball.

**Objective:** To develop Speed and Agility with a Ball.

**Coaching  
Points:**

**Progression:**



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