

Speed, reaction and acceleration 2

11 Aug 2008

**Measurement:** 10 x 15 yds**Level/Age:** 11+ yrs**Players:** 6+**Duration:** 5 min.**Objective:**

To develop quick checking movements, acceleration and speed. Will also enhance game situations such as getting to the ball quicker.

Coaching Points:

1. For maximum quickness, be ready on the balls of your feet.
2. The process of quickly approaching the cone and kicking it before sprinting is very soccer specific - Improves reaction and getting to the ball early.
3. The power put behind the first step of the sprint is crucial and half the work.
4. Maintaining good technique and 100% effort throughout the drill is crucial.
5. Do 4-8 repetitions each side (from the left and right side) each player.

Progression:

1. Use weaker foot to kick the cone from both the left and right side.

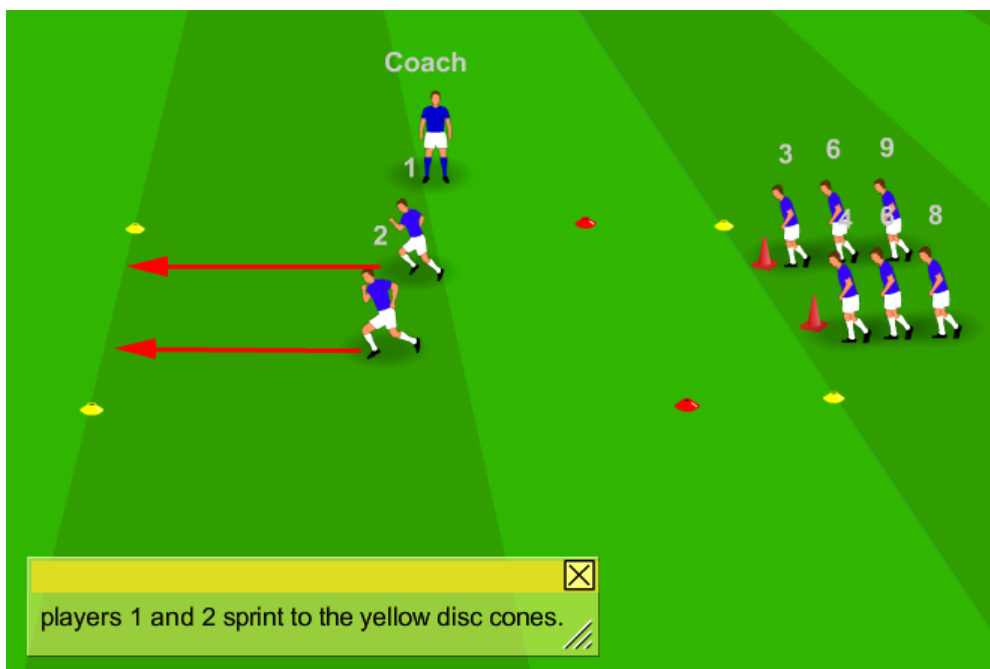
Notes:

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STEP 2 of 4

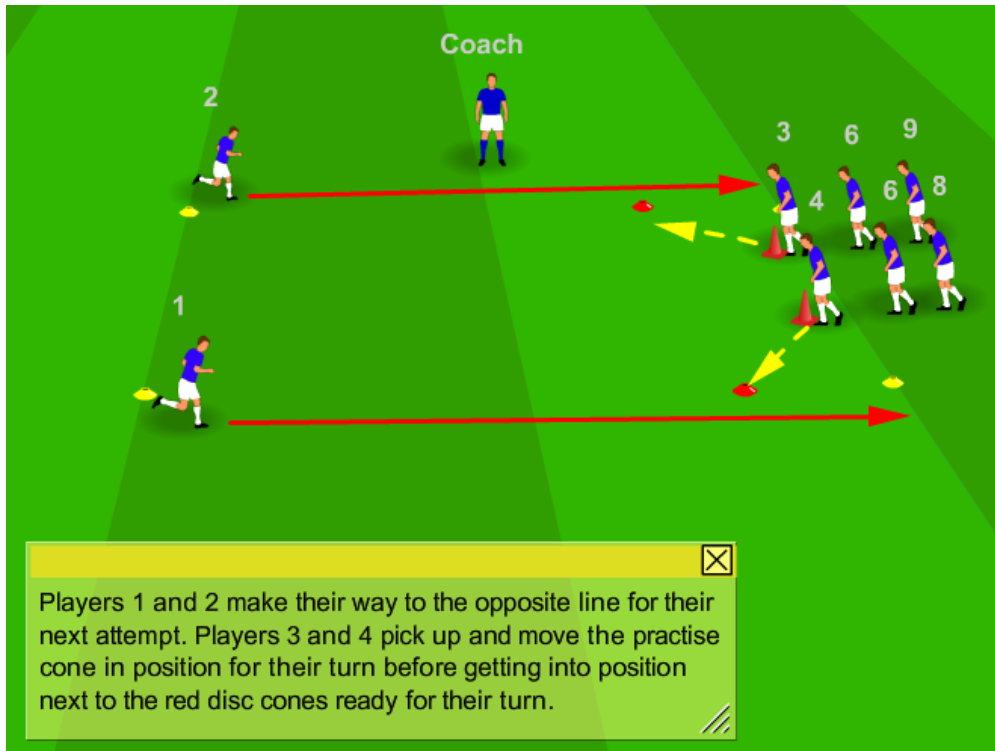
When the coach calls "GO", Players 1 and 2 have to turn quickly and kick the red practise cone...



STEP 3 of 4

Players 1 and 2 sprint to the yellow disc cones.

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STEP 4 of 4

Players 1 and 2 make their way to the opposite line for their next attempt. Players 3 and 4 pick up and move the practise cone in position for their turn before getting into position next to the red disc cones ready for their turn.