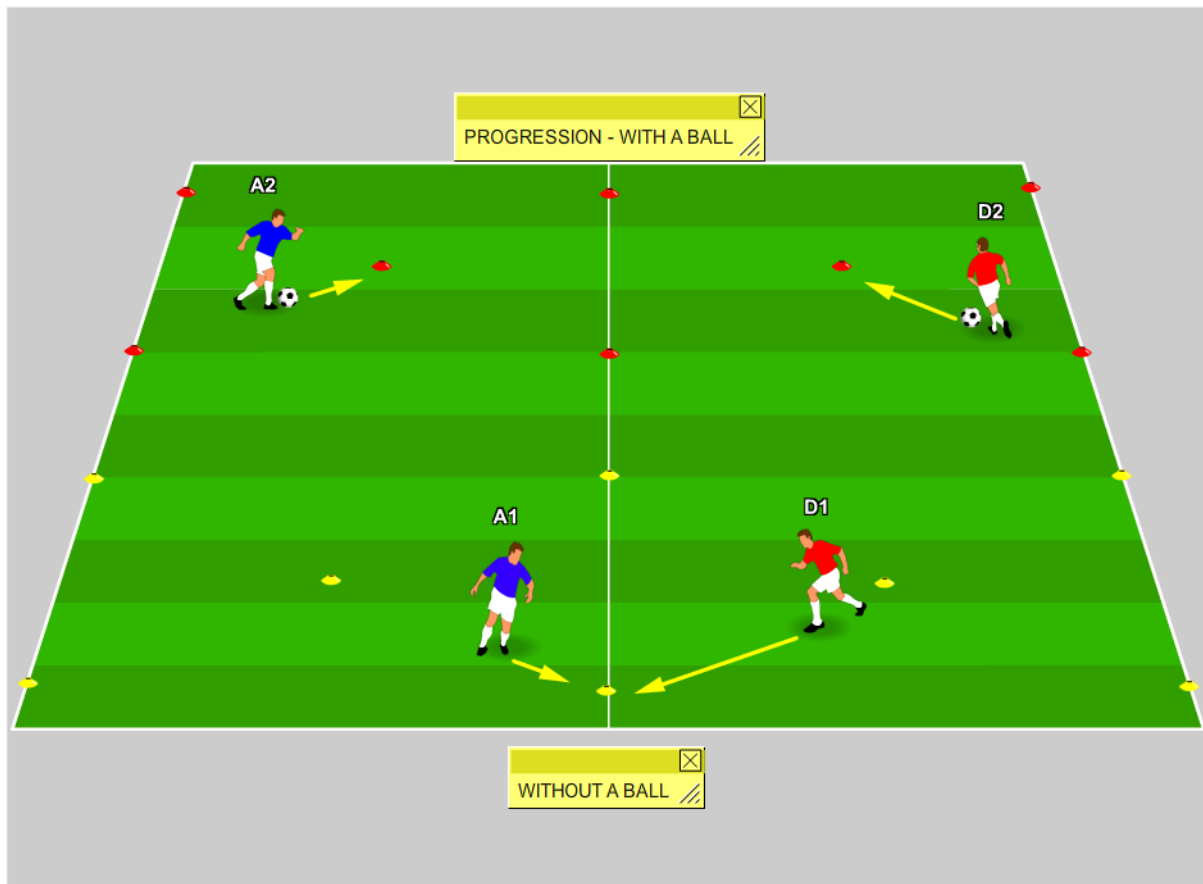


Develop Reactive Speed - Feel The Speed DVD



**Date:** 31 Aug 2010

**Measurement:** 5 x 10 yds each group

**Time:** -

**Players:** 2 in each group

**Duration:** -

**Level/Age Group:** 8+

**Description:** The attacker must quickly move as fast as possible to any of the 5 disc cones, varying the direction and the runs. The defender has to mirror the movement of the attacker. Introduce a ball each once the players have learnt the drill. Players work for 20 seconds and rest for 1-2 minutes.

**Objective:** To develop reactive speed.

**Coaching** 1. Quick feet - on the balls of your feet

**Points:** 2. Quick reactions - get low and bend the knees

3. Short sharp steps

**Progression:** Introduce a ball each.

# **This Reactive Speed Drill was taken from - "Feel the Speed DVD - How to Develop and Coach Soccer Speed"**

**Coach your Players to be Quicker with and without the ball.. A Clear Step-by-Step Guide Shows you how..**

**Learn for yourself how top soccer speed expert Mike Antoniadis gives players an edge by using specially designed soccer training drills to incorporate speed into every move of their game**

**Runtime: 58 minutes**



**Buy your copy of the DVD**

Rest of the World Shop:

<http://shop.soccertutor.com/Feel-The-Speed-DVD-Develop-and-Coach-Soccer-Speed-p/ma-fts.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Feel-The-Speed-DVD-Develop-and-Coach-Soccer-Speed-p/ma-fts.htm>

**Diagrams were created using [www.Soccertutor.com](http://www.soccertutor.com) Tactics Manager Software <http://www.soccertutor.com/tacticsmanager>**