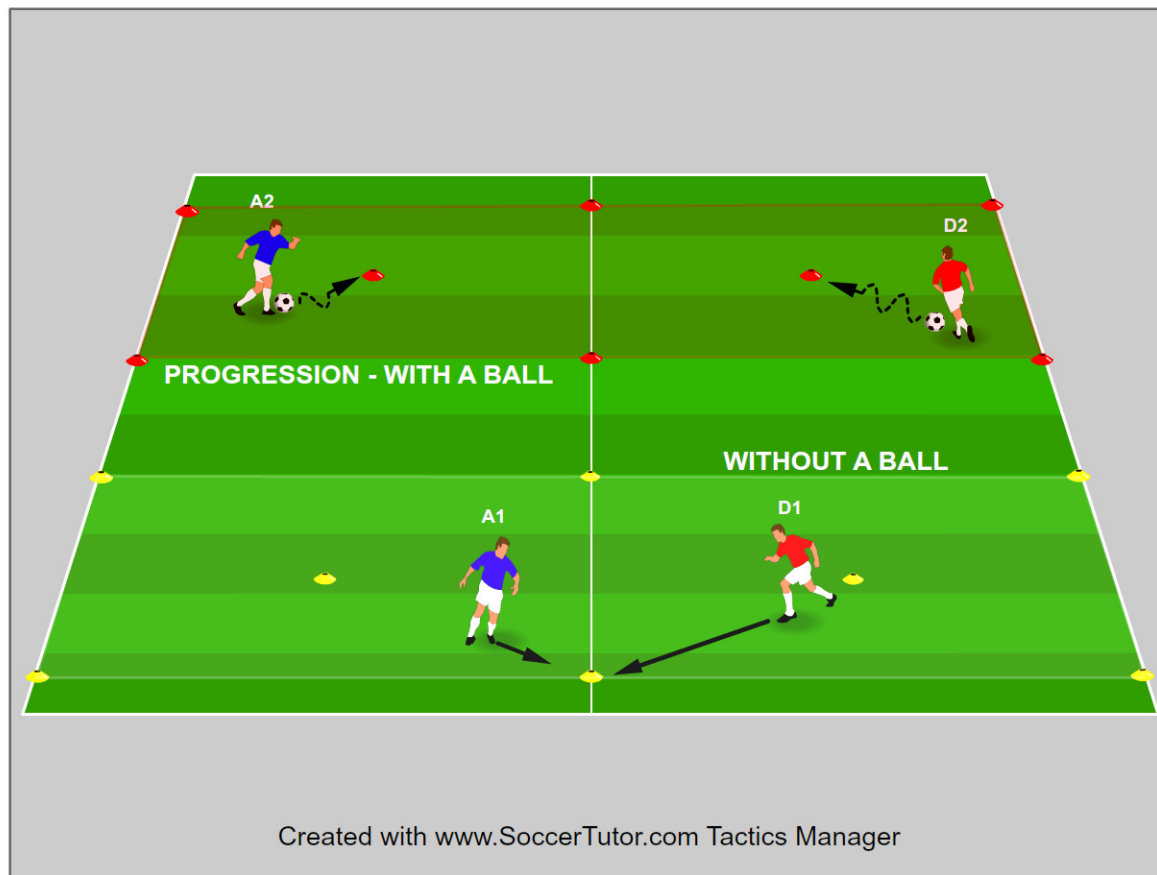


Develop Reactive Speed - Feel The Speed DVD



Date:	1/Nov/2011	Measurement:	10 x 20 Yards
Time:	N/A:N/A	Players:	3
Duration:	15	Level/Age Group:	U8 - 18+

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 Points:

1. Quick feet - on the balls of your feet
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 Tactics Manager Software <http://www.soccertutor.com/tacticsmanager>