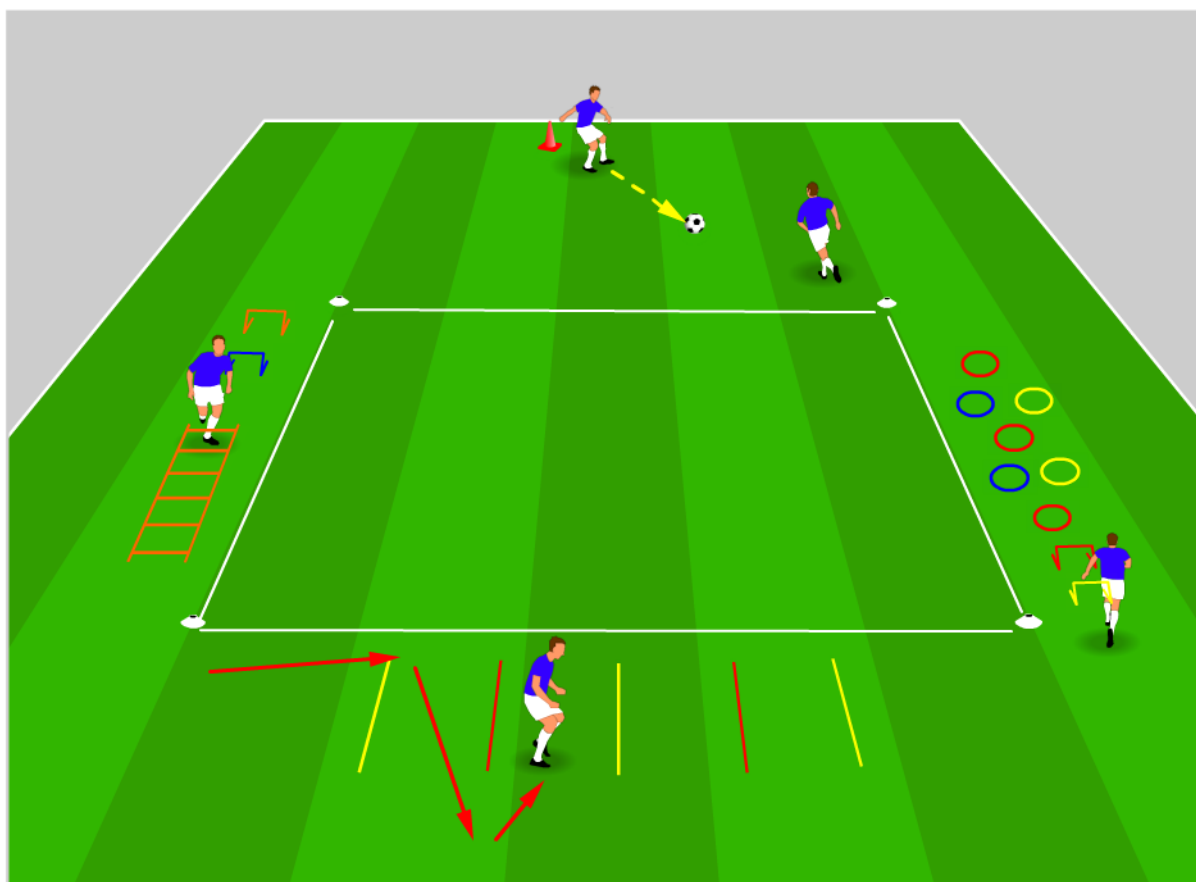


## Tactics Manager v1.4 Sample Speed Training Circuit



<b>Date:</b>	25 May 2010	<b>Measurement:</b>	20 x 20 yds
<b>Time:</b>	.	<b>Players:</b>	4+
<b>Duration:</b>	5 min	<b>Level/Age Group:</b>	11+

**Description:** Players starts on each 4 corners of the area. On one side players have to move sideways between the red and yellow floor poles. On the 2nd side, players have to two foot jump over the two hurdles and then one foot steps through the speed rings. On the 3rd side, players make a wall pass from the server and sprint. On the 4th and final side, players have to two foot jump over the two hurdles and step through the speed ladders. There are many ladder routines, i.e. 1 or 2 step between each rung..

**Objective:** To Develop coordination, agility and speed training.

**Coaching Points:**

1. For maximum quickness and mobility, be on the balls of your feet.
2. When manoeuvring sideways, bend the knees and take shorter strides.
3. Jump over the hurdles with both feet together using the balls of the feet.
4. Speed ladder - Quick footwork and use the arms for set rhythm and pace.
5. Maintaining good technique and 100% effort throughout the drill is crucial.

**Progression:**

1. Sideways through the ladder
2. Ladder - 3 steps forward and 1 step back
3. Backwards sideways between the floor poles



**This drill was created using  
Tactics Manager Software v1.4**



**Purchase your copy now:**

Rest of the World Shop:

**<http://shop.soccertutor.com/Tactics-Manager-Soccer-Designer-Software-p/tm-dl.htm>**

US and Canadian Shop:

**<http://shopusa.soccertutor.com/Tactics-Manager-Soccer-Designer-Software-p/tm-dl.htm>**