

**Speed, reaction and acceleration 1**

11 Aug 2008

**Measurement:** 10 x 15 yds**Level/Age:** 8+ yrs**Players:** 6+**Duration:** 5 min.**Objective:**

To develop soccer specific qualities such as speed of reaction and acceleration. Will also enhance game situations such as getting to the ball quicker.

**Coaching Points:**

1. Moving backwards and sideways should be made with small steps and at a steady pace on the balls of your feet.
2. The power put behind the first step of the sprint is crucial and half the work.
3. Maintaining good technique and 100% effort throughout the drill is crucial.
4. Do 4-8 repetitions backwards and 4-8 sideways repetitions each player.

**Progression:**

1. Variation - Players move forwards (the opposite way to the finish line) to the coach's command and on the second command turn 180 degrees then sprint.

**Notes:**

**Speed, reaction and acceleration 1**



**STEP 2 of 4**

When coach calls "GO", players 1 and 2 must move backwards on the balls of their feet.



**STEP 3 of 4**

When coach calls "GO" for the second time, players 1 and 2 must sprint to the yellow disc cones.

**Speed, reaction and acceleration 1**



**STEP 4 of 4**

Players 1 and 2 jog to the back of the line. Players 3 and 4 are next in position ready to go. The sequence continues until 4-6 repetitions are made for each player.