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### 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:



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## 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

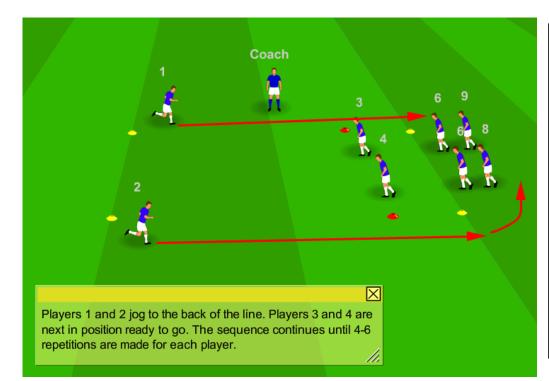
When coach calls "GO" for the second time, players 1 and 2 must sprint to the yellow disc cones.



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## 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.