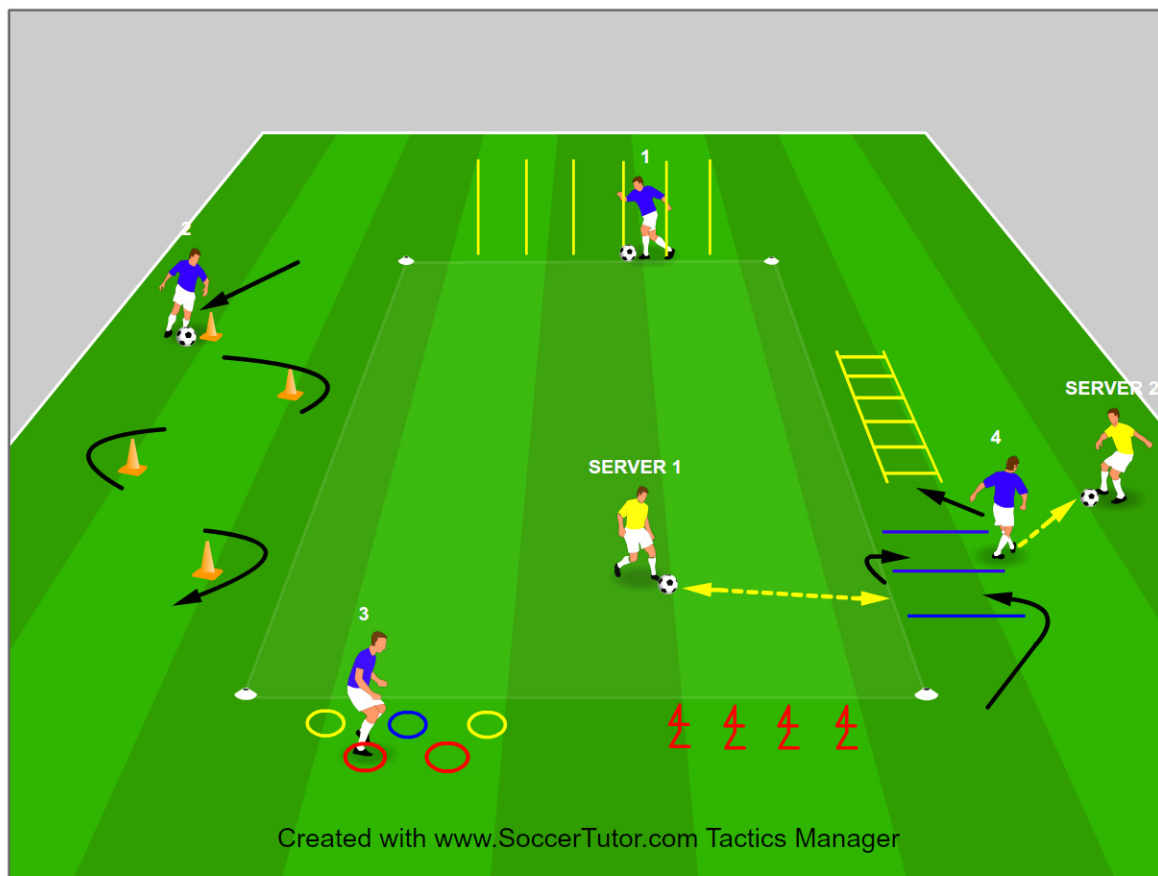


Coordination, Agility, Speed and Technical Global Training



Date:	3/Jan/2012	Measurement:	40 x 40 Yards
Time:	N/A:N/A	Players:	13
Duration:	10	Level/Age Group:	U11 - 18+

Description: STATION 1: Dribble in and out the poles
 STATION 2: Dribble around the cones
 STATION 3: One step inside each speed ring and then 2-footed jumps over the hurdles
 STATION 4: Short lateral side-steps between the floor poles and through the speed ladder

Objective: To develop Coordination, Agility, Speed as well as Technical ball control.

Coaching Points: 1. Perform each task on balls of feet
 2. Perform quickly without compromising technique
 3. Dribbling - Keep ball close and use both inside and outside of feet

Progression: At station 4 position 1 or 2 servers to the right and/or left side of the floor poles for a quick give and go or volley and back.



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