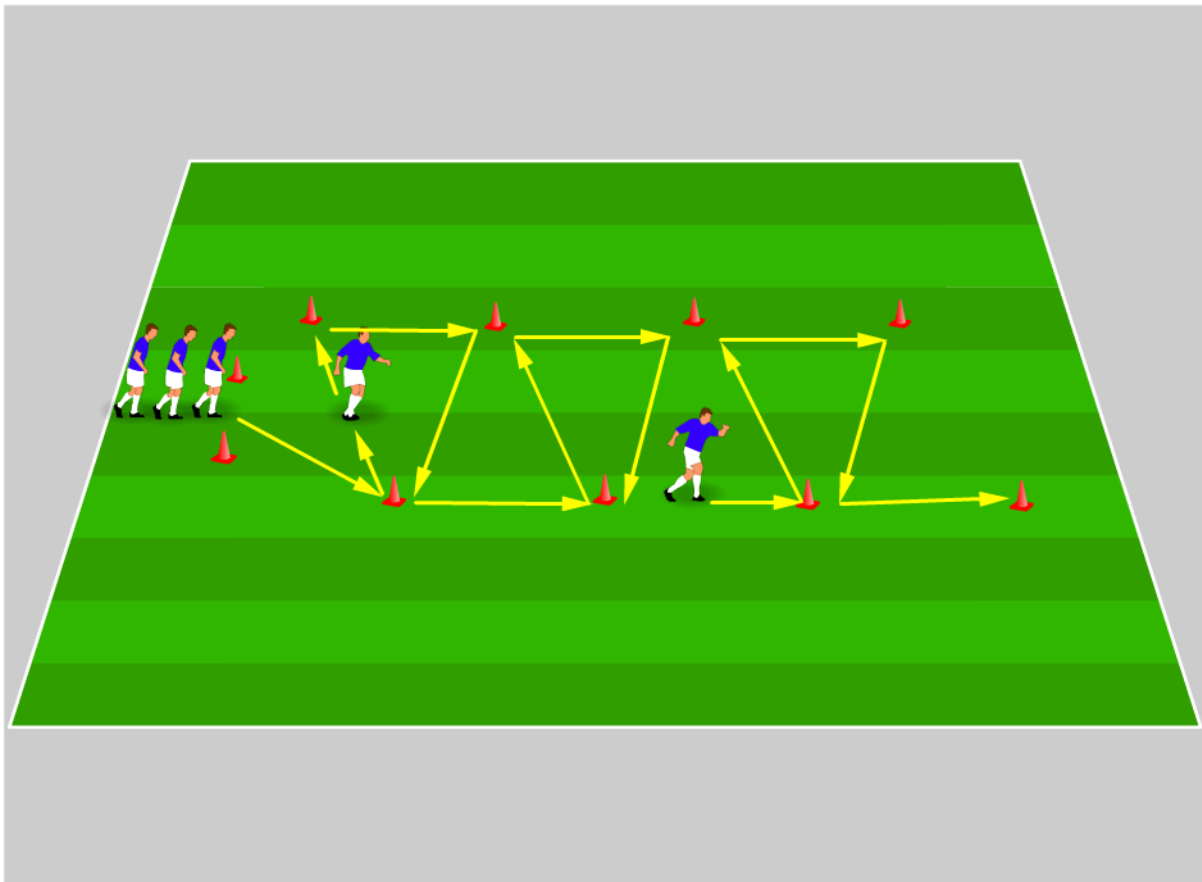


Speed and Agility - Staggered Cones and Plyometrics

**Date:** 12 - Apr - 2011**Measurement:** 10 x 20 yards**Time:** -**Players:** 1+**Duration:** -**Level/Age Group:** U9+

Description: Players sprint to the second cone, then run backwards to the first cones, then forwards to the third cone then backwards to the second cone etc.. The same sequence continues, see diagram.

Objective: To improve speed and agility with soccer specific movements.

Coaching**Points:**

Progression: There are many variations and progressions which are part of a FULL SEASON SPEED AND AGILITY program, available as part of the WCC Online Magazine and Drills Database - www.SoccerTutor.com



Using **Tactics Manager Software** I've recreated this practice for you - taken from the latest **WORLD CLASS COACHING Magazine** Issue.

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Diagrams were created using www.Soccertutor.com Tactics Manager Software
<http://www.soccertutor.com/tacticsmanager>