



# Burlington Soccer Club Training Session

**SESSION TOPIC:**

## Speed Agility

**PLAN #:**

1

**Speed Agility 1:**

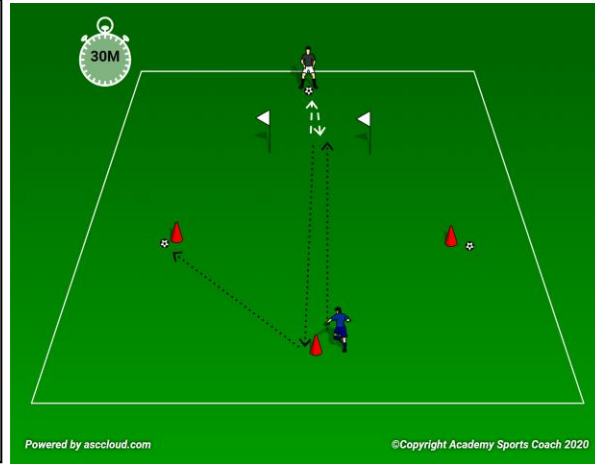
### Speed Agility 1

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**ORGANIZATION/Set up:**

- Set up area as shown
- Three cones are set up in a triangle 5m apart, and a gate 6m in front.
- You can have a ball at the cones on the right & left & 1 at the gate
- Use a partner/bench/rebound 2m past the gate to play the ball
- The player sprint forward, plays the ball, sprints backwards to the starting point, then out to the right
- On next run the player will go left

- The player(s) should complete 10 runs (5 right, 5 left) during the session
- There should be a 10-15 second recovery between runs. Remember this is speed Agility and we are looking to increase the players speed & quality of movement. The player should not be fatigued.
- Correct arm drive technique for running in Soccer
- Work off ball of the feet
- Maintain good mechanics & balance
- Shorten steps when changing direction



**Speed Agility 2:**

### Speed Agility 2

10

**ORGANIZATION/Set up:**

- Set up area as shown
- Three cones/poles are set up in a slalom 1m apart, and two hurdles right & left of the top pole 3m from the pole.
- There is a cone 2m after the hurdle. You can place a ball at the cone for an incentive to "get to the ball"
- The player maneuvers thru the poles sprints & jumps the hurdle to the cone(ball)
- On next run the player will go opposite side
- If you have a partner they can call out (or point for visual cues) left or right and the player has to react

**COACHING POINTS:**

- The player(s) should complete 10 runs (5 right, 5 left) during the session
- There should be a 10-15 second recovery between runs. Remember this is speed Agility and we are looking to increase the players speed & quality of movement. The player should not be fatigued.
- Correct arm drive technique for running in Soccer
- Work off ball of the feet
- Maintain good mechanics & balance
- Shorten steps when changing direction



**Speed Agility 3:**

### Speed Agility 3

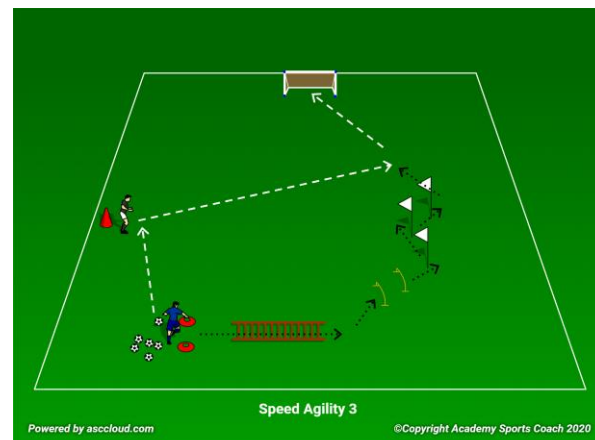
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**ORGANIZATION/Set up:**

- Set up area as shown
- A ladder(use cones if no ladder) two hurdles, three cones/poles are set up in a slalom 1m apart, and a goal/target
- The players passes the ball, goes thru the ladder(use foot work from ladder drills), steps over the hurdle, thru the slalom, receives a return pass & shoots on goal
- Vary the steps thru the ladder and the service from the feeder

**COACHING POINTS:**

- The player(s) should complete 10 runs (5 right, 5 left) during the session
- There should be a 10-15 second recovery between runs. Remember this is speed Agility and we are looking to increase the players speed & quality of movement. The player should not be fatigued.
- Correct arm drive technique for running in Soccer
- Work off ball of the feet
- Maintain good mechanics & balance
- Shorten steps when changing direction





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**SESSION TOPIC:**

## Speed Agility

**PLAN #:**

1

**Speed Agility: 4**

### Illinois Agility 1

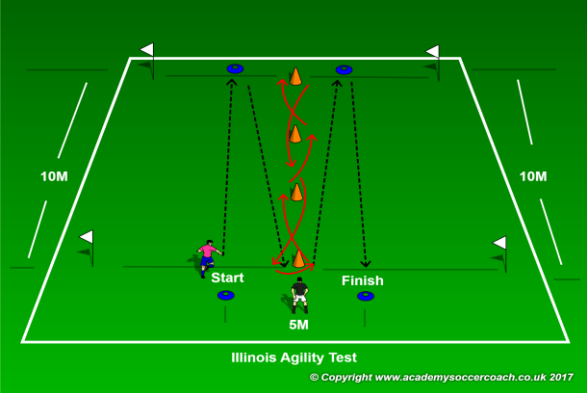
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**ORGANIZATION/Set up:**

- The length of the course is 10 meters and the width (distance between the start and finish points) is 5 meters. 4 cones are used to mark the start, finish and the two turning points. Another four cones are placed down the center an equal distance apart. Each cone in the center is spaced 3.3 meters apart.

**COACHING POINTS:**

- Correct arm drive technique for running in Soccer
- Develop efficient lateral movement
- Work off ball of the feet
- Develop and maintain a rhythm
- Keep hip square
- Maintain good mechanics when facing soccer specific movement with the ball



**Speed Agility: 5**

### Illinois Agility 2, with ball

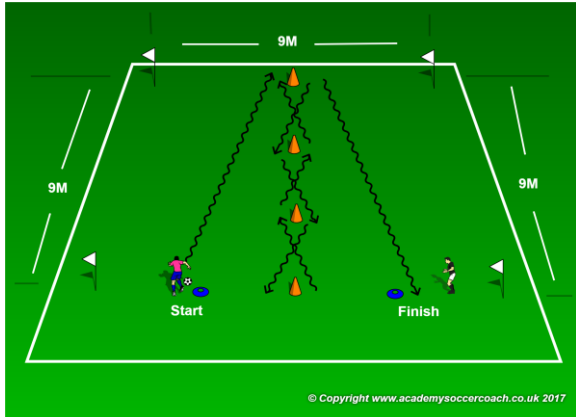
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**ORGANIZATION/Set up:**

- The length of the course is 10 meters and the width (distance between the start and finish points) is 5 meters. 4 cones are used to mark the start, finish and the two turning points. Another four cones are placed down the center an equal distance apart. Each cone in the center is spaced 3.3 meters apart.
- Add a ball

**COACHING POINTS:**

- Correct arm drive technique for running in Soccer
- Develop efficient lateral movement
- Work off ball of the feet
- Develop and maintain a rhythm
- Keep hip square
- Maintain good mechanics when facing soccer specific movement with the ball
- React to ball movement



**Speed Reaction:**

### Speed Reaction 1-4

10

**ORGANIZATION/Set up:**

- Set Up a Speed circuit as shown
- S1: Player passes, steps thru hoops, receives ball & dribble thru gate
- S2: Player passes, steps thru hoops, sprint to gate & turns to receive pass
- S3: Player executes various steps over hurdle ie...Step over& back, lateral steps, jumps etc.. & reacts to ball
- S4: Player executes various steps thru ladder & reacts to ball

**COACHING POINTS:**

- Correct arm drive technique for running in Soccer
- Work off ball of the feet
- Maintain good mechanics when facing soccer specific movement with the ball
- Quick directional change in reaction to the ball
- Good 1<sup>st</sup> touch, out from feet, so as not to slow you down
- When adding the ball ensure technique remains consistent

