



Kickers FC Speed Training 2

Category: Physical: Speed

Difficulty: Moderate

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Screen 1 (10 mins)

Organization

Distance 10 yards. Players move quickly through hurdle and play server. Then replace server to play ball to next player. Server to then join opposite line.

Time

8 min in total

Each player will work 5 -8 sec at MAXIMUM power

Key Factors

Hips and shoulders facing the ball when you receive it.

Let the feet do the work

Leading foot creates space for second foot

