



# Kickers FC Speed Training 5

**Category:** Physical: Speed  
**Difficulty:** Moderate

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## Description

### Organisation (Practice Layout & Transition)

#### Warm up

##### Speed Training:

Adaptations (Progressions & Regressions): Warm up 10 mins ( followed by 5 min drink break ), the team will be set up as a squad in pairs, a coned rectangular outer grid will be set up on the half way line and the 18 yard area, the team under the direction of the coach will slow paced jog around the outline cones maintained the pair and group.

The individuals will then react to coaches number instructions.

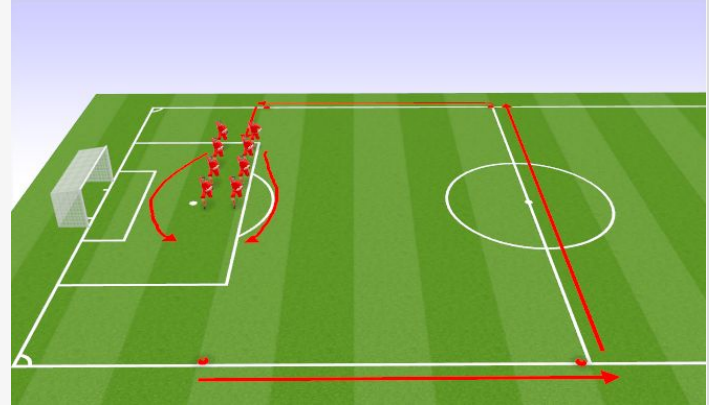
shout 1 - left hand touches the floor

Shout 2 - right hand touches the floor

Shout 3 - individual jumps and simulates heading the ball

Clap - pair at the rear of the group must sprint via the outside of the group to become the new front pair

Whistle - pair at the front spin off the front and sprint to re-join at the rear



#### Shuttles and reactions

Adaptations (Progressions & Regressions): 20mins - Activity 4 and 5 ,

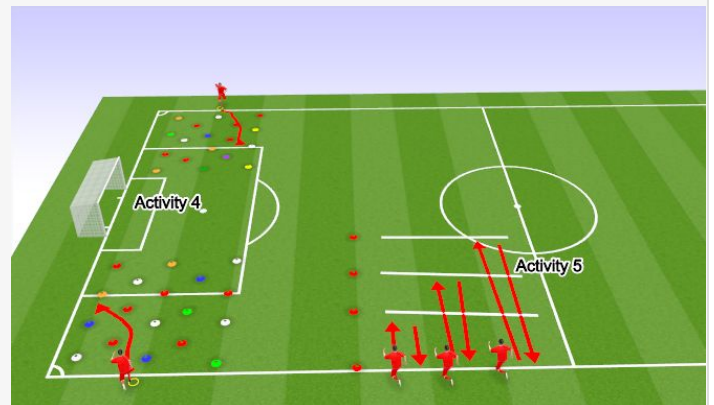
##### Activity 4

This will require a mixture 18 different colored cones set randomly in a grid of 5 x 5yds, the individual ( teams of 3 ) will start at the hoop on the touchline of the grid, the activity will last for 30 seconds per individual with a 1 minute rest in between turns for a total of 10 minutes.

The coach will instruct the individuals by communication a certain color cone, the player will sprint and touch any cone that color and return to starting point for next instruction.

##### Activity 5

This is a sprint and turn based activity to develop explosive speed, concentration and stamina, all players will start on the touchline and react to verbal communications, the coach will set up 3 cones at 3yds, 6yds and 9yds from the start cone at touchline, the coach will shout a cone number that the participants must sprint to and return to the start line, the instruction will continue for a 2 minute cycle with a 1 minute rest period for a 6 minute duration ( 4 cycles )



Challenge the players to work hard.

Reward the players after completed with the game they LOVE!!

#### Agility and speed

##### Speed Training & Fitness

This session is set up to progress physical and mental fitness

The above session is designed for a 20 minute activity ( followed by 5 min water break ), initially the individuals will sprint from the "start" point to progress through the ladders placing both feet alternatively in each rung, then progressing over the hurdles with single leg hops, moving onto slalom poles where the individual will transit around the outside of the poles and transiting at speed to the red cone.

They will then arrive at the red cone and the individual will dribble at speed with the ball through the cones then accelerate with the ball to the start cone to the start cone, this activity will have 2 x 6/7 player teams starting at 5 second intervals with the chasing players challenged to catch the player in front.

Challenges, Conditions or Targets: coordination - players are challenged to maintain eye to foot coordination while engaging obstacles and dribbling in a state of fatigue, strength.

Players will be building core strength within muscles through explosive movement.

Speed - Players will be challenged to chase down team members increasing stamina through a prolonged activity.



## passing and striking

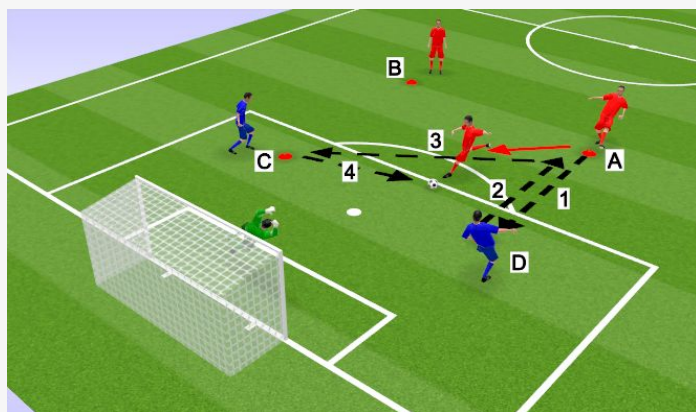
### 1 touch passing and striking 15mins

Equipment - a 10yrds by 10yrds grid will be set up on the edge of the 18yard line.

4 cones placed on each corner with a coach / support player maintaining their position on cones C and D, alternatively the active player on cones A and B will pass the ball to the cones C and D and receive as a 1-2,

The attacking player is challenging to then implement a 1-2 with the diagonally based support player on cones C / D who will return the ball in a position to allow the attacking player a strike on goal

This practice encourages the individual to lift their heads while in position to focus on direction and pace of pass while moving to create space and striking opportunity and speeds up the individuals thought process.



## Coaching Practice Review and Reflection

**How were you able to affect the individuals in the practice?**

**What can be done to make sure you have the same, or an even better, impact next time?**

**What's the main thing you can do to make the session even better next time?**