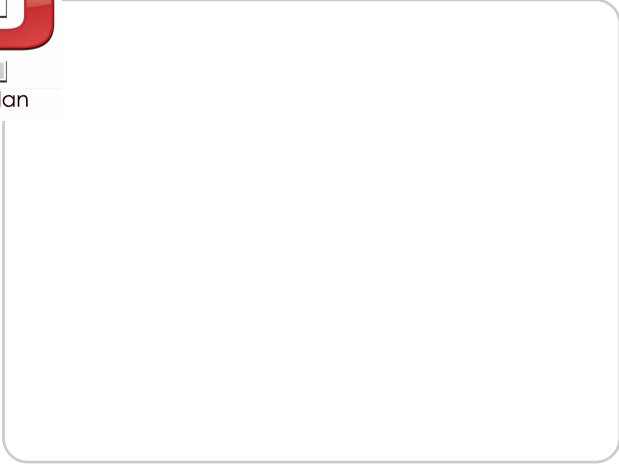




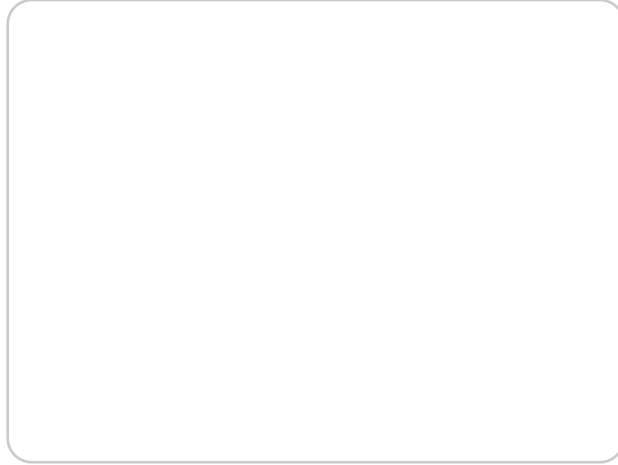
SPEED STRENGTH AND AGILITY



Drill No: 1

Element: *Reactions*

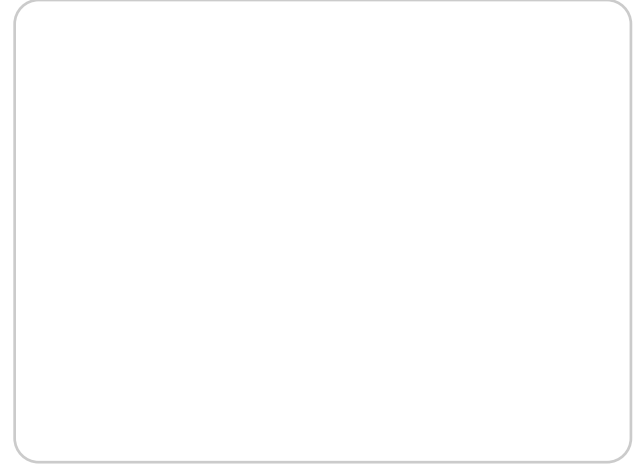
Details: Awareness of your surroundings and game understanding can alleviate a lack of pace and further enhance an already quick players' weaponry



Drill No: 2

Element: *First Step*

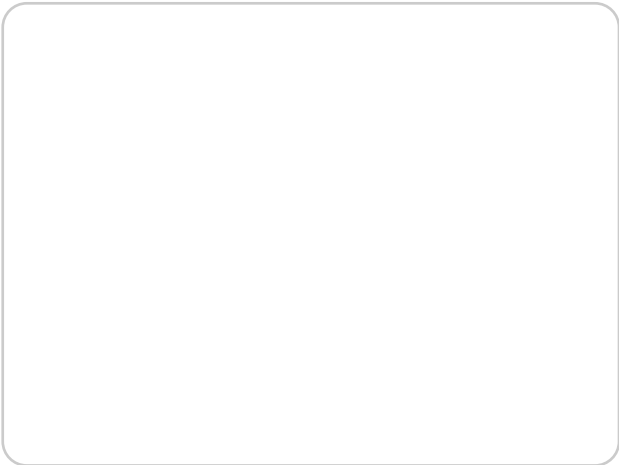
Details: Much energy is wasted and time lost through lack of positivity in the first step. Laying down as much power in a positive (forward) direction in the first step is vital.



Drill No: 3

Element: *Acceleration*

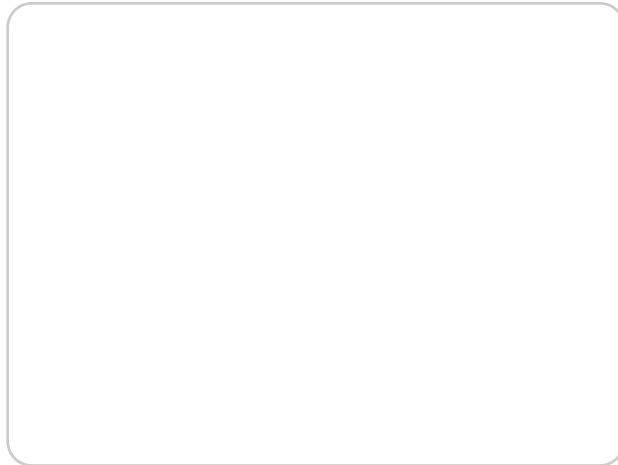
Details: With sprints being relatively short in football (av. 7m), reaching peak speed as quick as possible is vital & can win you the game by scoring or blocking at the vital time



Drill No: 4

Element: *Efficiency*

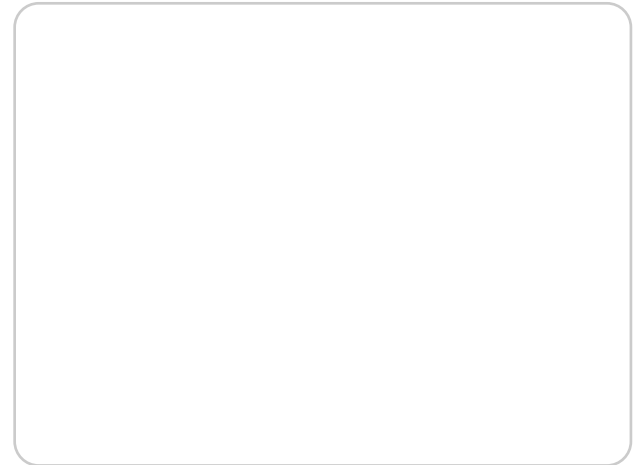
Details: A correct (within reason) running technique will not only make full use of available power but will aid in skill production and in preventing fatigue and injuries.



Drill No: 5

Element: *Deceleration*

Details: Often overlooked, effective deceleration means arriving at your destination in control and requires high levels of strength. Accelerate quick but decelerate quicker!



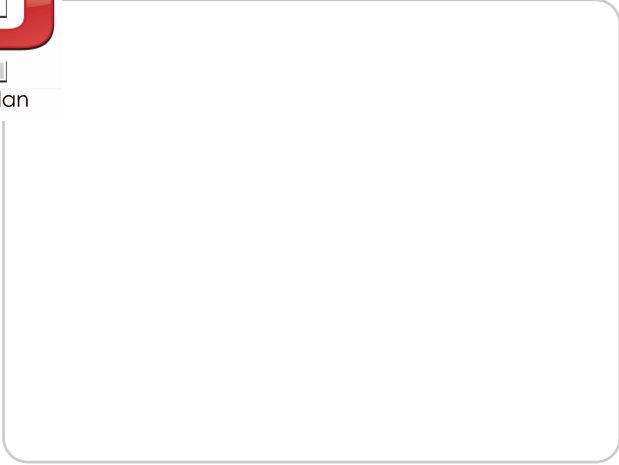
Drill No: 6

Element: *Change of Pace*

Details: In a game of perpetual motion and involving intermittent periods of speed, the ability to move through changes in pace will enhance speed as well as endurance.



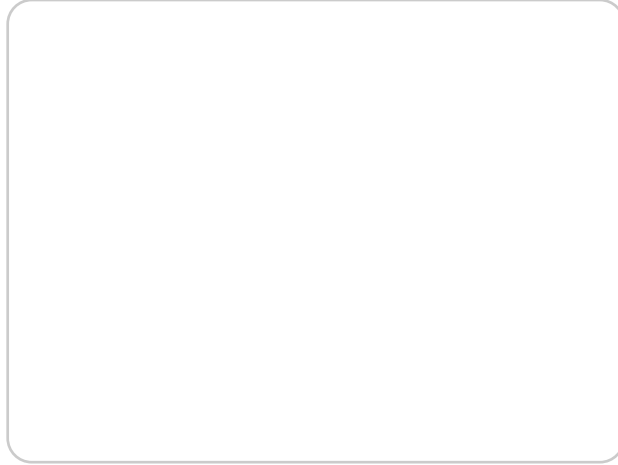
SPEED STRENGTH AND AGILITY



Drill No: 1

Element: *Body Weight Exercises*

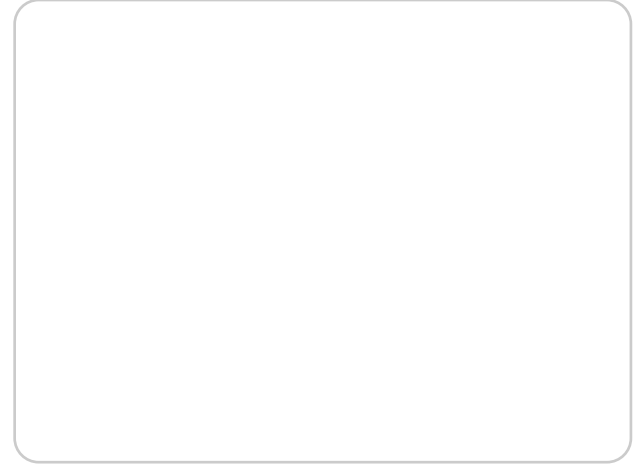
Details: Being able to control one's body-weight (trunk and appendages!) is a minimum standard in life and sport. It's your ultimate 'local gym' thats always ready for action!



Drill No: 2

Element: *Core Training*

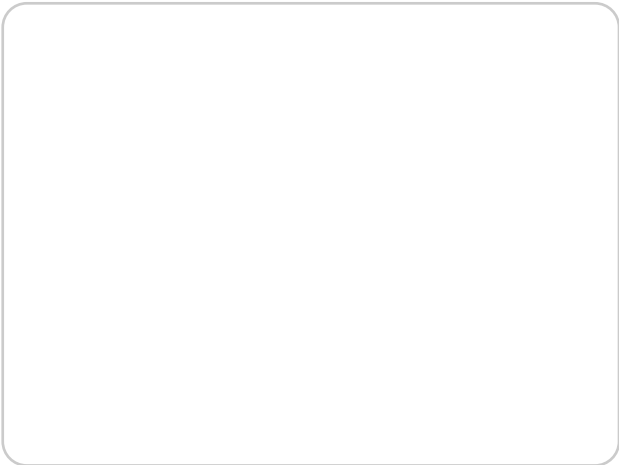
Details: The core (Abs & back) are responsible not only for posture but in the transfer on energy through the body. A lack of control in this area can fundamentally deter athletic potential



Drill No: 3

Element: *Gross Strength*

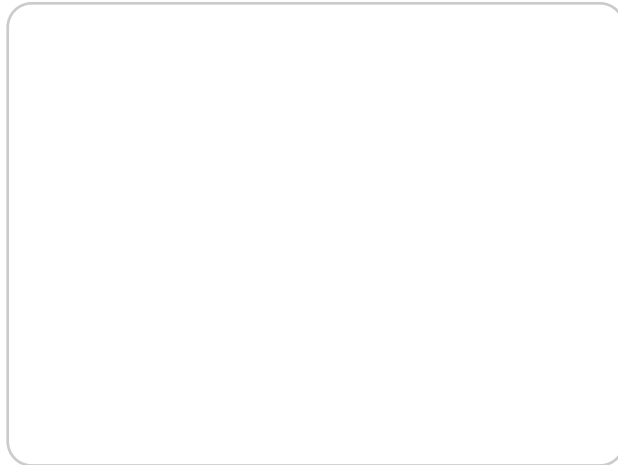
Details: In nearly all high level and elite athletes, gross strength training will be the foundation upon which all future enhancements will be built upon. Poor foundations mean....



Drill No: 4

Element: *Functional Strength*

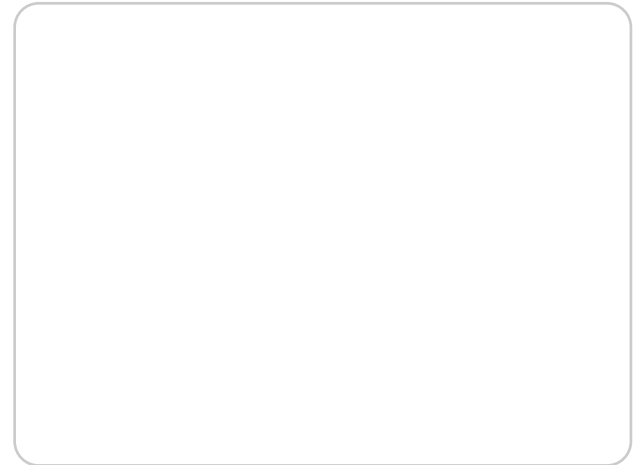
Details: While moving weights, bands and balls can be functional they often dony mimic the actions of the sport. So using your teammates can be effective strength work.



Drill No: 5

Element: *Power*

Details: Power is Strength X Speed! Move more weight faster means you are more powerful. Football doesnt have weight divisions so you must be prepared for the 'big 'uns'!



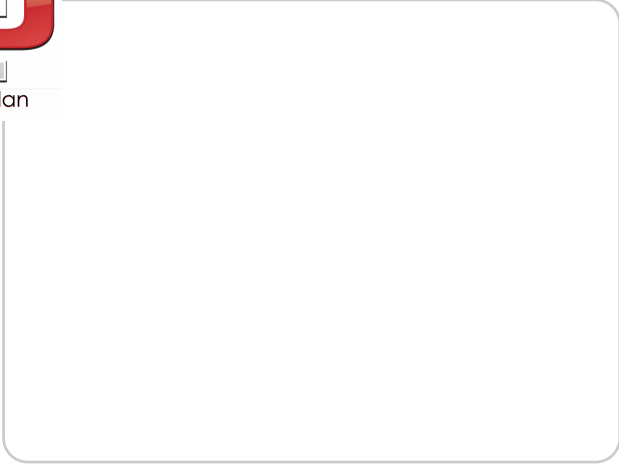
Drill No: 6

Element: *Methodologies*

Details: It doesnt always have to be Olympic bars and dumbbells; bags of sugar, trees and beer kegs are useful too. Only your imagination (and location) can stop you progressing!



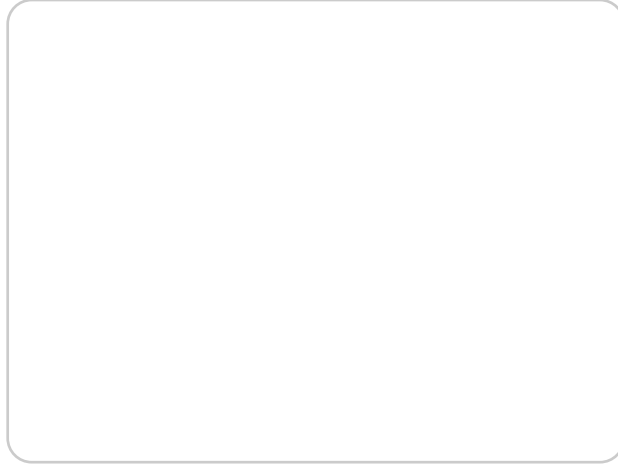
SPEED STRENGTH AND AGILITY



Drill No: 1

Element: *Balance*

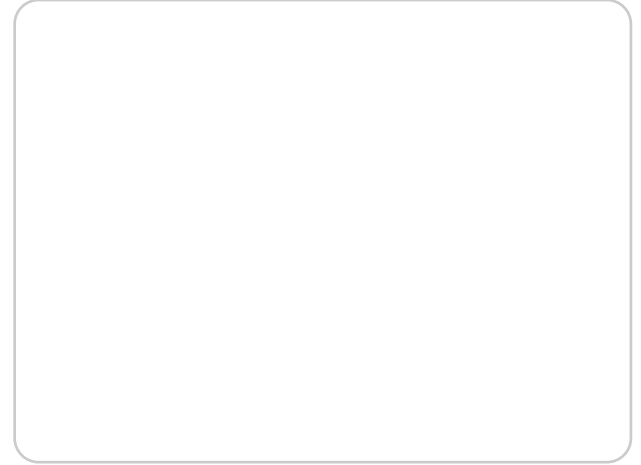
Details: Many of your senses will assist your balance and proprioception. Its not too difficult on great surfaces but we know they're few and far between. Prepare to be unstable...



Drill No: 2

Element: *Awareness*

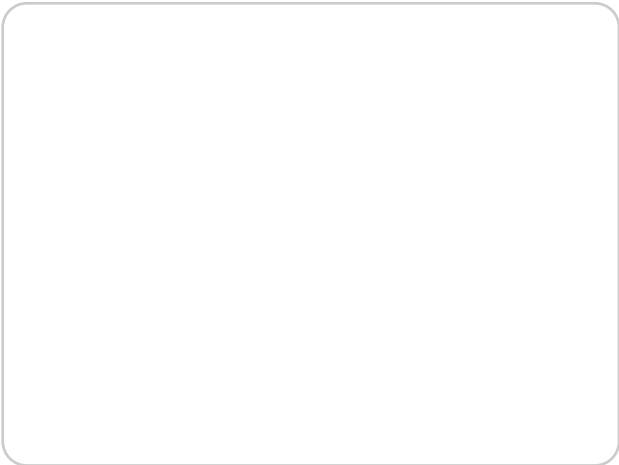
Details: In many situations it will be your eyes which will give you the information stimulus but don't forget touch and hearing too! Any suggestions for smell/taste drills welcomed!



Drill No: 3

Element: *Coordination*

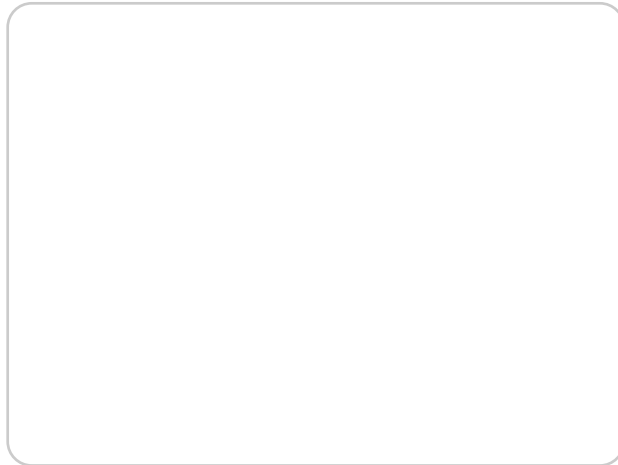
Details: Loss of control of body parts not only may lead to loss of balance, but also to poor skill performance and possibly injury! Simple coordination and proprio drills are important.



Drill No: 4

Element: *Flexibility*

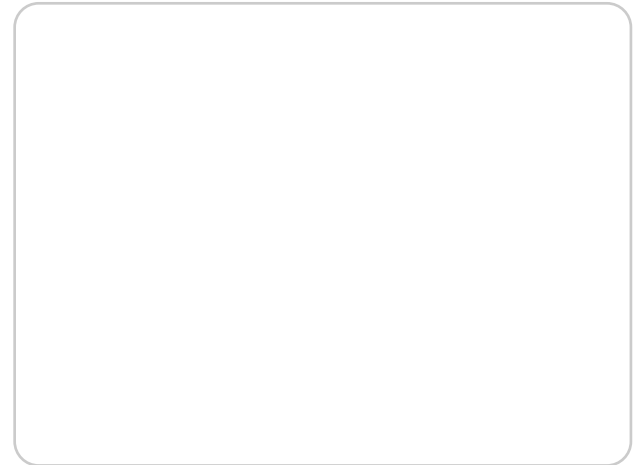
Details: A mixture of static and dynamic flexibility and suppleness exercises can assist in staying injury free and giving a larger range of force production.



Drill No: 5

Element: *Linear Agility*

Details: Moving in a linear direction (forwards/backwards) is the most common form of agility in football and must be practiced. But few players are 'movement competent'.



Drill No: 6

Element: *Lateral Agility*

Details: Twisting, turning, spinning and shuffling are vital elements in the game and moving efficiently and powerfully will ensure and increase in physical performance levels.



SPEED STRENGTH AND AGILITY '08

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