

Speed in Football - training agenda

Target – the speed development, without the ball. It is just a first part of the football workout, taking only 25-30min.

1. Age group – 13-14 years old.
2. Number: 20ppl
3. Equipment: non
4. Schedule:
 - 10min basic warm up (by their own)
 - 5min coordination and plyometrics
 - 5min plyometrics and strength
 - 10min speed without the ball
 - 5min dynamic stretching/mobility

1. Coordination and plyometrics warm up drills (10m, single player drill):

- Arms circles in different directions with changing movements (the speed and direction for example while running, jumping, side movements)
- Knee front - heel back, one by one jumps, doing circles etc
- Knee front – heel, jumps same time
- High knee up and side and switch the leg
- High knee complex (front, side, circle, kick)
- Triple flat and long jump with the last jump very high and deep squat
- Foot circle, landing under other foot

2. Plyometrics and strength (up to 30m, single player drill):

- High knees slower-faster-sprint
- Middle skip, high skip, sprint
- Butt, middle, high knees
- Straight legs up/ scissors, butt, high kicks

3. Speed without the ball – pair games:

- Small and smaller square, first running blind, later repeating the guide, then catching the guide without using the walls, catching with walls.
- pairs mobility

- **Speed without the ball - drills (1-2m between the coins, up to 10m long one way, 4 teams with 3-5 players):**
 - Row: 4x coins, run front to first coin and run backwards and then to the second coin..

- Row: 4x coins side, side running to the coin and back, then to the second coin...
- Row: 4x touch opposite hand to the coin and back, then to the second coin...
- Square: 4x coins, running front, side, back, side
- Row: 4x coins / short steps as number 8
- Row: 5x coins zig zag and backwards
- 10x coins: 2x high knees side, 2x sprint front, spring backwards, 2x high knees side, 2x back sprint, front sprint, 2x high knees side
- 10x coins: same as above but always high knees
- 6x shuffling in row
- 6x diagonal shuffling between two lines
- 6x zig zag sprint

Speed without the ball - games (4 teams with 3-5 players):

- half skip in the circle, coach give a whistle to roll the bottle, the bottle shows which mate the others catch
- butt kicks + bottle + catch
- Running the snake head to the tail (team up to 10people)
- limited field, one team catching the hands and trying to close the line – as one team
- mirror
- 9 circles and two colors balls, boxes, t shirts etc (playing in circle and cross/ O&X) in two teams, running under the rope and put the thing to make 3 points in one line.

4. Dynamic stretching/mobility with and without the speed - Team games

- Catching the hands and as a rope trying to make a knot by walking over hands, under legs, always connecting until the stuck in very tough position and cannot move, then go back to the straight line.
- Pairs, exercises in couples.

The key points:

1. Good and poor training takes the same amount of time. Make sure the training place is safe, kids are ready and quality time is very high. Both players and coach use every single second. If there is an empty time is a wasted time. Even the breaks should be active (active learning, active recovery).
2. Make sure you don't hurt anyone, by giving wrong exercise's, too tough challenges, wrong comments, teaching bad habits – it closes the door for the development. Doctors say under the oath they will treat the patient until the end. Coaches say they will never hurt anyone.
3. The players must be ready for fast and dynamic movements. Good warm up is necessary.
4. Explain the exercises having the whole group a front of you, so you make sure that everyone is listening.
5. Followed with the presentation. Players learn faster when they hear and see what must be done.
6. No need to talk what is forbidden, what is mistake. Focus on proper movement picture.

7. Muscles and joints need more time to be warmed than the brain, so brain challenges including the body engagement are recommended before speed drills.
8. Start with simple movement and go to advanced exercises.
9. If you see the players hit the wall don't make it more complicated.
10. Use only basic words to give the explanation, don't give too many tips.
11. When the muscles open a strength box but remember the slow movements are not demanding in football, is better if they do dynamic movements, so plyometrics is perfect in this case!
12. Bringing few drills into the one brings great challenge for the brain and the body. Switching phase is crucial. As longer distance to cover as harder for muscles but easier for the brain (they have time to think and prepare for switching).
13. Making a couples create a good atmosphere and cooperation but also a bit of competition. Putting the pairs between other pairs and making the field smaller also create team spirit and force to keep the head up and look around themselves ("look behind, look over the shoulder" **(LOS)**).
14. Once they learn how to handle a number of players in smaller room, they are ready to get a physical task.
15. When they are tired use it as an explanation for next exercises. If you see they are very tired make a break (mobility or brain tasks, drink).
16. The last exercise without the ball should be repeated as a first exercises with the ball.
17. The last exercise with the ball should be a first one to open the main technical part but still divide to the smaller parts one by one, for example: brain challenge- coordination – sprint – touching the ball – shot.
18. After that you can include the ball on every other stage as well.
19. Instead of spending the whole workout on any motoric ability is better to have all of them included (but changing proportion is the key).
20. Please note the speed and strength session is very demanding not only for muscles but also for brain. Sometimes is good to have an easy exercise with the ball, not only add challenges. It is a time to rest but also process the skills and information they notices until now.

Good luck!

If you need my assistance – contact me on thomas@fetil.no