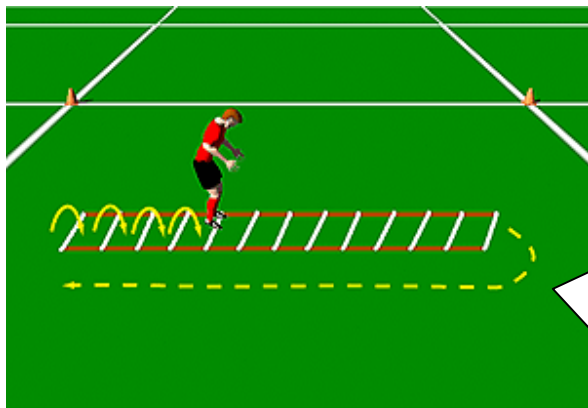


Speed, Agility and Quickness Circuit

Introduction

The circuit consists of 8 soccer specific speed, agility and quickness drills. Each drill is done for: 45 seconds then a 30 second rest is given for rotation and recovery. As the conditioning level of the players increase decrease the rest time to 15 seconds and increase the work time to 1:00 minute.

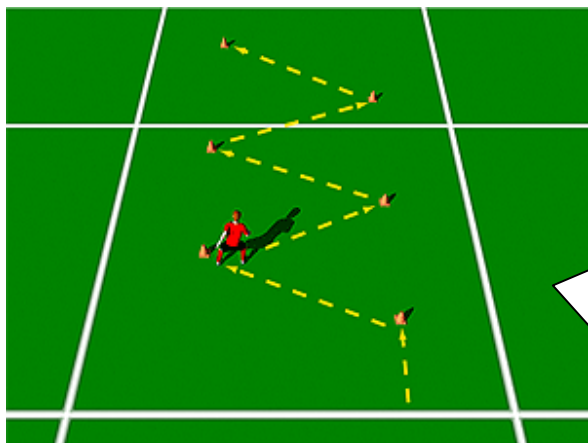
Station 1 – Forward Ladder



Forward Ladder

All drills will be performed in a linear fashion. 1. Forward run – run through the ladder putting both feet in the rung. 2. In-in-out – start on the left side of the ladder. Lateral step with the right foot and place it in the first square of the ladder. Then the left foot follows the right foot inside the first square of the ladder. Lateral step with the right foot to the right side of the ladder, then advance the left foot to the next square in the ladder. Bring the right foot to the square the left foot is in. Lateral step to the left side of the ladder and advance the right foot to the next square on the ladder. Repeat pattern

Station 2 – Zig Zag Runs

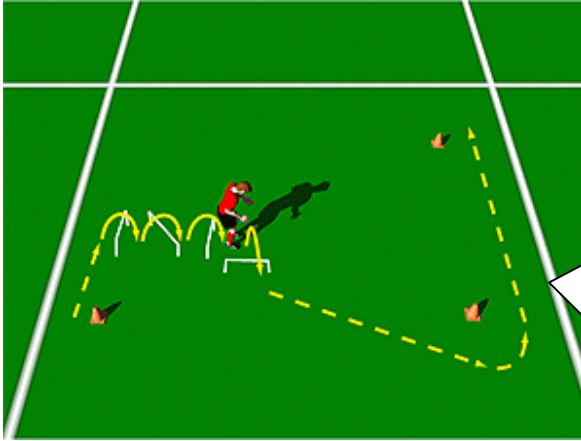


Zig Zag Runs

Place 6 cones, 5 yards (4 metres) apart at a 45° angle. Start in a 2-point stance. Sprint to the first cone, plant on outside leg and cut sharply towards the next cone. Repeat. Variations: Change distance of cones, cut with inside leg or plant and run around cones.

Speed, Agility and Quickness Circuit

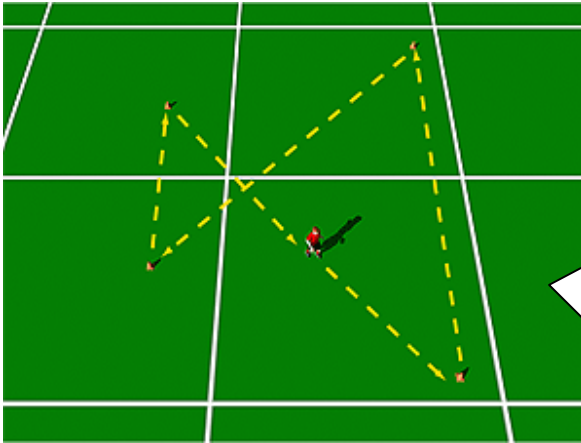
Station 3 – Mini Hurdle Hops



Min Hurdle Hops

Start 5 yards (4 metres) away from the first mini-hurdle. Sprint to the hurdle do a forward hop over it. As soon as contact is made with the ground laterally jump left over the next mini hurdle. As soon as contact is made with the ground jump forward over the next mini hurdle. As soon as contact is made with the ground jump laterally right over the mini hurdle. As soon as you hit the ground sprint 5 yards forward at the cone side shuffle left. At the next cone drop step and sprint through the last cone.

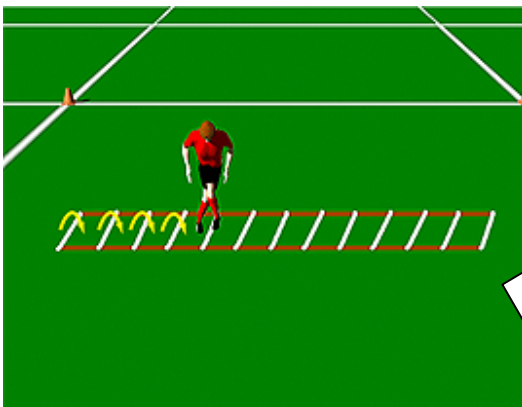
Station 4 – Four Corner Drill



Four Corner Drill

Start in a 2-point stance. Sprint 20 yards (18 metres) to the first cone. At the first cone sprint diagonally 14 yards (12 metres) to the second cone. Backpedal 10 yards (8 metres) to the third cone. At the third cone, sprint diagonally 14 yards to the fourth cone.

Station 5 – Lateral Ladder

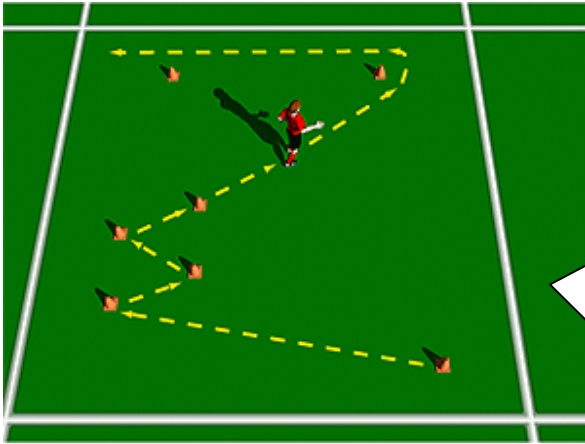


Lateral Ladder

All drills will be done in a lateral fashion. **1. Side shuffle-** Begin by standing sideways to the ladder. Leading with your right foot, place both feet in the box. Repeat this procedure throughout the ladder. At the end lead with your left foot and again repeat the procedure through the ladder. **2. Carioca-** Begin standing sideways to the ladder. Cross-step with the right foot into the first square in front of the left leg. Cross the left foot into the second square. The left foot should cross behind the right leg. Cross-step with the right foot into the third square. The right foot should cross behind the left foot. The left foot crosses over in front of the right foot into the next square. Repeat this sequence through the ladder.

Speed, Agility and Quickness Circuit

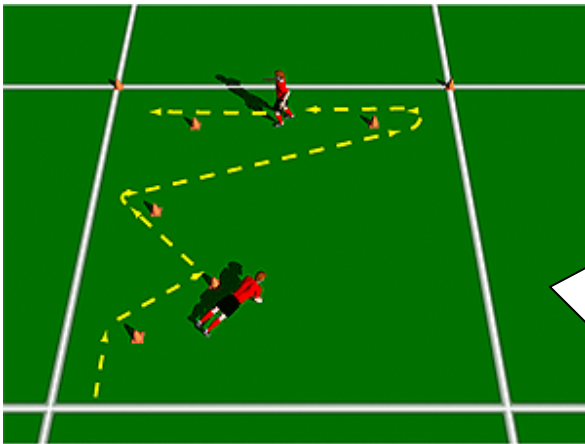
Station 6 – Traffic Run with Cones



Traffic Run with Cones

Place cones as indicated above. Sprint to first cone, plant on outside and cut sharply towards next cone. When the cones are next to each other side shuffle to the next cone. Once you reach the cone drop step and accelerate to the bottom cones.

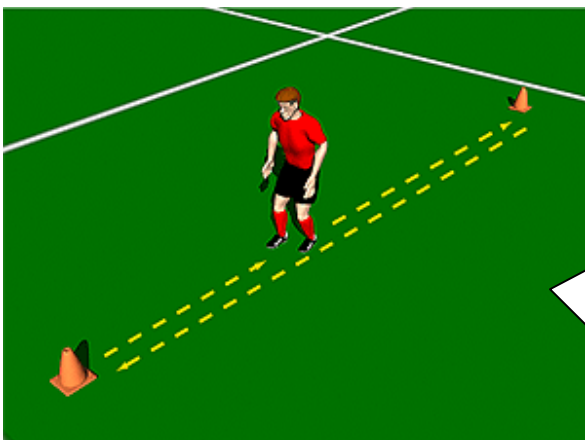
Station 7 – Drop and Recover Sprints



Drop and Recover Sprints

Place the cones as indicated above. Sprint to the first cone drop on to a push-up position as soon as you drop get up as fast as possible and sprint to the next cone. Repeat at each cone. The key to this goal is accelerating as soon as the athlete is up.

Station 8 – Agility Drill



Agility Drill

Place 2 cones 10 yards (8 metres) apart in a straight line. In a 2-point stance sprint to the cone as fast as possible touch the cone with your foot and sprint back. Once you get back to the start, side shuffle to the cone touch it with your foot and side shuffle back. Once you get back to the start cone touch it and back pedal up and back.

Repeat this until time expires.