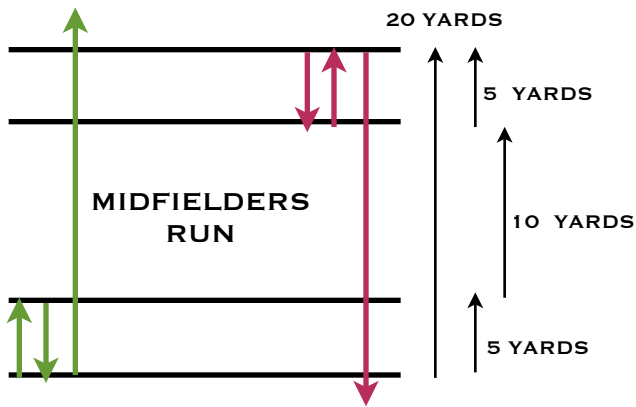


SAQ > FUNCTIONAL SPEED TRAINING: "5-5-20"



FUNCTIONAL TRAINING

"5-5-20"

The Grid Setups for all three Positions -- Midfielders, Defenders and Forwards is the same:

- 4 Lines 20 yards apart
- 0-5 Yards
- 5-15 yards
- 15-20 Yards

"Midfielders" Run

- Sprint 5 yards and back
 - Sprint 20 yards
- Repeat sequence coming back

"Defenders" Run

- Sprint 5 yards
 - Backpedal 5 yards
 - Sprint 20 yards
- Repeat sequence coming back

"Forwards" Run

- Sprint 20 yards
 - Sprint 5 yards
 - Sprint 5 yards
- Repeat sequence coming back

• Repetitions and Sets depend on the age and/or skill level of the players

• For Small-Sided Teams, make all players run all three which would equal six (6) runs for one (1) Set

VARIATION / PROGRESSION

- add a ball and make the players dribble in sequence

