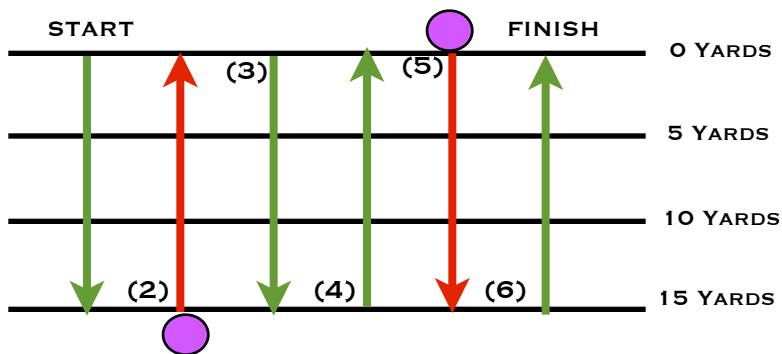


SPEED ENDURANCE SHUTTLE RUNS

“90-YARD SHUTTLE”



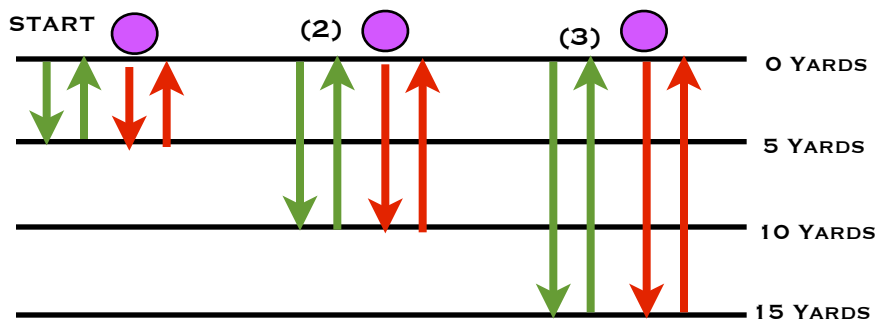
WITH THE BALL

Start: Player sprints 15 yards and collects ball
 (2): Speed dribble 15 yards and leave ball
 (3): Sprint 15 yards
 (4): Sprint 15 yards and collect ball
 (5): Speed dribble 15 yards and leave ball
 (6): Sprint 15 yards to finish
 Six Runs = 1 Repetition
 Yards Covered in 1 Repetition = 90
 3 Repetitions = 1 Set Conduct 2-3 Sets
 Rest 30 seconds between Repetitions
 Rest 1-2 minutes between Sets

WITHOUT THE BALL

Sprint 15 yards & back 6 times; OR
 Sprint 15 yards, Backpedal back 3 times

“120-YARD SHUTTLE”



WITH THE BALL:

Start: Player sprints 5 yards & back; Collects ball
 Speed dribbles 5 yards & back
 (2): Player sprints 10 yards & back; Collects ball
 Speed dribbles 10 yards & back
 (3): Player sprints 15 yards & back; Collects ball
 Speed dribbles 15 yards & back

12 Runs = 1 Repetition
 Yards Covered in 1 Repetition = 120
 3 Repetitions = 1 Set
 Conduct 2-3 Sets
 Rest 1-2 minutes between Repetitions
 Rest 3-4 minutes between Sets

WITHOUT THE BALL

(1) Sprint 5 yards & back 2 times
 (2) Sprint 10 yards & back, 2 times
 (3) Sprint 15 yards & back 2 times; OR
 Sprint & backpedal in same sequence

COACHING POINTS:

- SHUTTLES ARE A GREAT WAY TO TEACH SPEED, AGILITY & QUICKNESS
- WITH ALL THE DRIBBLES, EMPHASIZE USING / ALTERNATING ‘PULL-BACKS’ AND ‘STEP-OVERS’ WHENEVER REACHING A LINE
- EMPHASIZE PLAYERS USING QUICK TOUCHES WHEN DRIBBLING
- FOR ADVANCED OR OLDER PLAYERS, WHEN SPRINTING, ALTERNATE THEM TOUCHING EACH LINE WITH FEE, ONE HAND OR BOTH HANDS