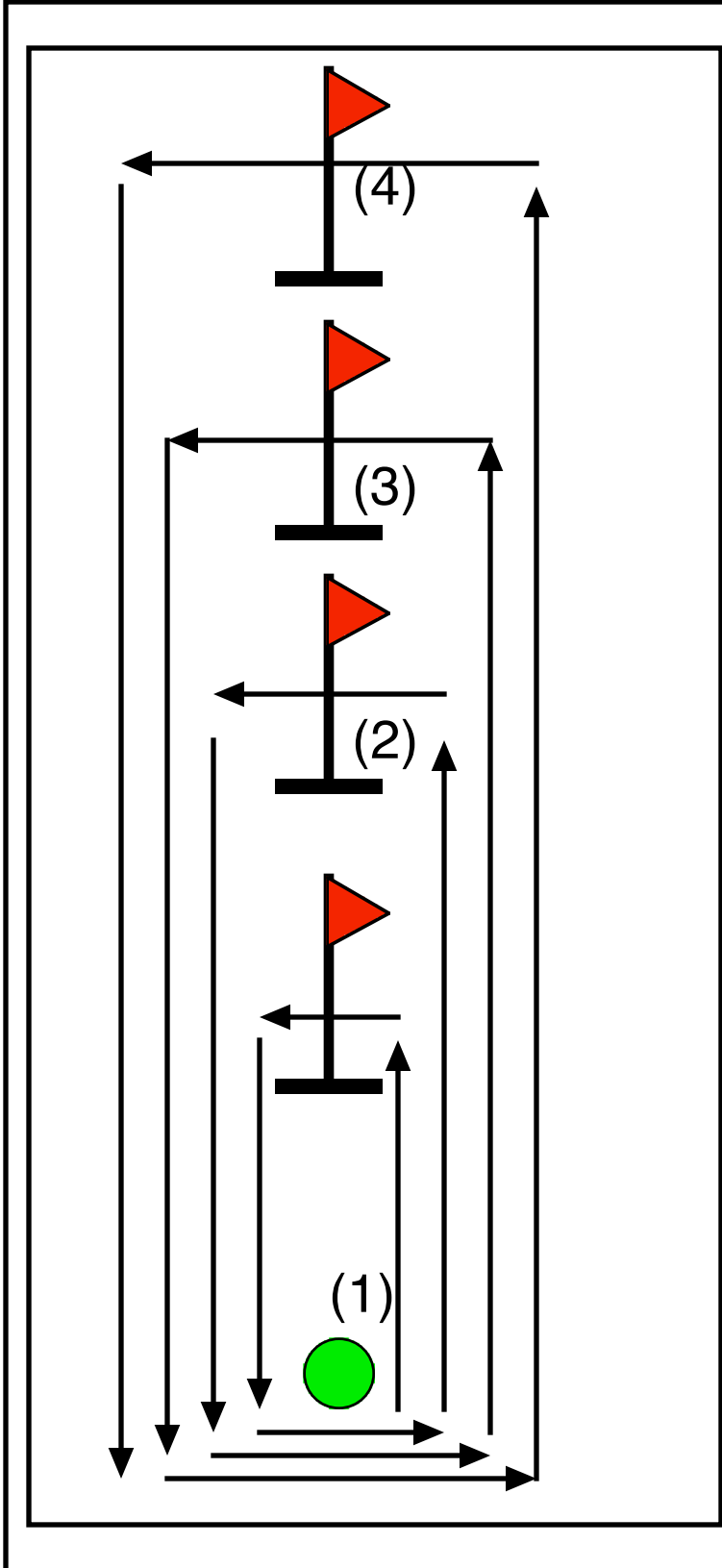


**SPEED, AGILITY & QUICKNESS:  
 Soccer Specific Speed Endurance**



**“FLAG” RUNS**

**SETUP:** One (1) “start” cone, four (4) Corner Flags, all 10 yards apart

**“FLAG” Run Drill:**

- (1) Sprint 10 yards to first flag, turn to left, return sprint to “start” cone
- (2) Sprint 20 yards to second flag, turn, sprint back
- (3) Sprint 30 yards to third flag, turn, sprint back
- (4) Sprint 40 yards to fourth flag, turn, sprint back

Total Yards Covered = 200

**NOTE:** For ages 11 and younger, Flags should be placed 5 yards apart. Total Yards Covered in this run would be 100

**Runs/Repetitions** depend on age and fitness level of players:

- > for U-12 thru U-14 -- rest 2-3 minutes between each run/repetition
- > for U-15 thru U-17 -- rest 90 seconds between runs/repetitions

**Variation:** can also use ball with players speed dribbling and cutting around flags

**Why Flags and not Cones?**

> Flags cause players to make a “complete” turn to get around as opposed to just cutting around the cone. The flags will cause players to lean upper body properly when cutting