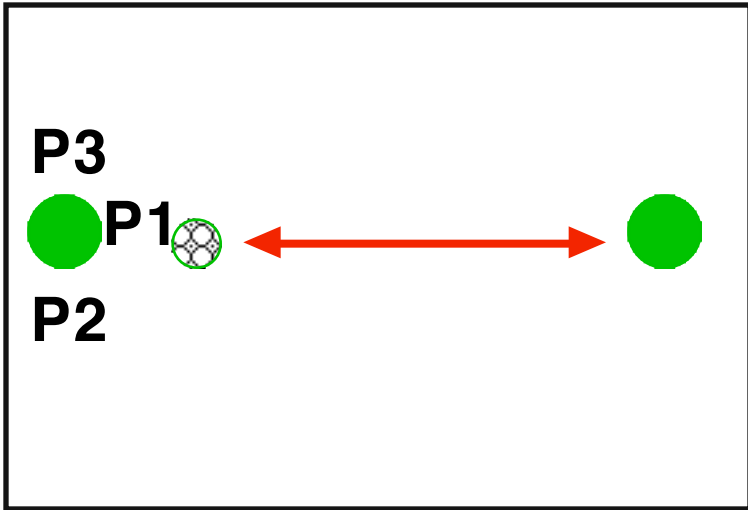


SPEED, AGILITY & QUICKNESS
Training Anaerobic Endurance
SAQ With The Ball

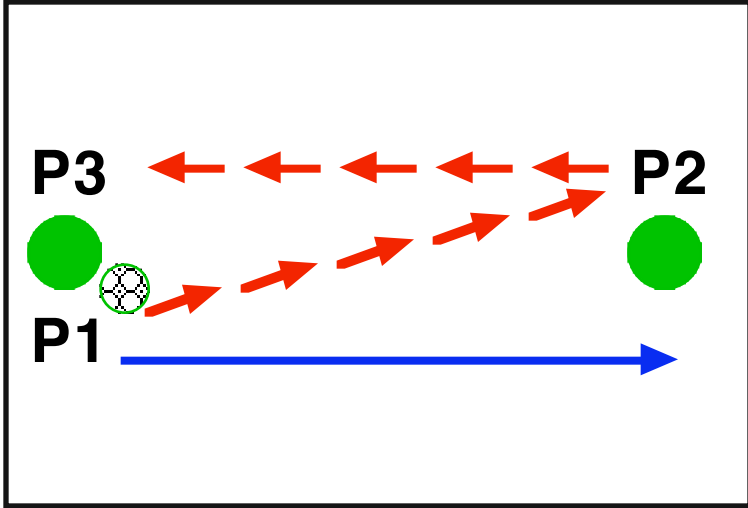
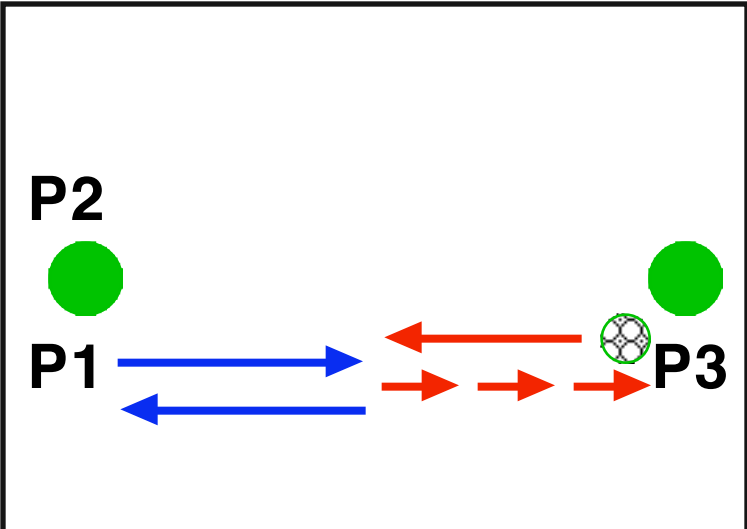


"CONE TO CONE"
 Distance Between Cones: 15 yards
 Number of Players: 3

Drill:
 > Dribble at speed from "cone to cone" for 30 seconds.
 > Rest for 60 seconds
 > Perform 3-5 repetitions

"CHECK BACK & PASS"
 Distance Between Cones: 20 yards
 Number of Players: 3

Drill:
 > Player 3 passes ball 10 yards
 > Player 1 sprints to ball, 1-touches back, "checks back" to start cone
 > Perform for 30 seconds
 > Rest for 60 seconds
 > Perform 3-5 repetitions



"PASS & FOLLOW"
 Distance Between Cones: 15 yards
 Number of Players: 3

Drill:
 > Player 1 pass to Player 2 and follows pass; Player 2 receives, passes to Player 3 and follows pass
 > Continuous until each player has made 20 sprints