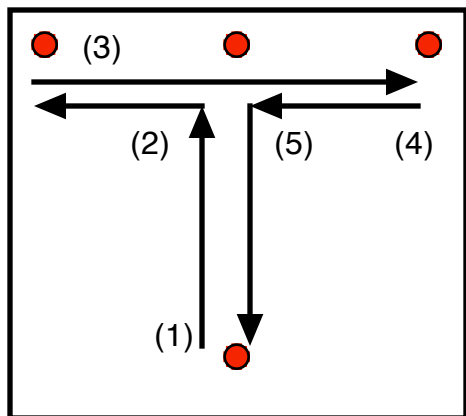


# SPEED, AGILITY & QUICKNESS



# INDIVIDUAL SPEED DRILLS

Following are individual player drills that teach accelerating, decelerating, cutting and turning, with and without the ball.

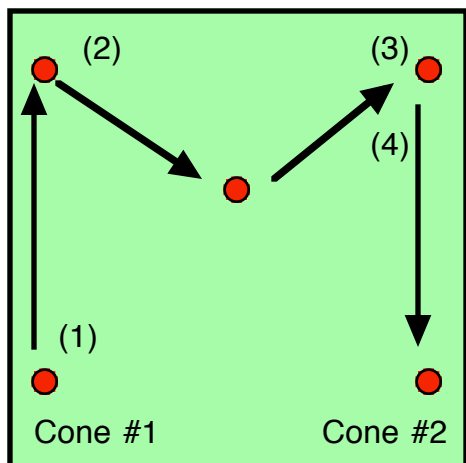
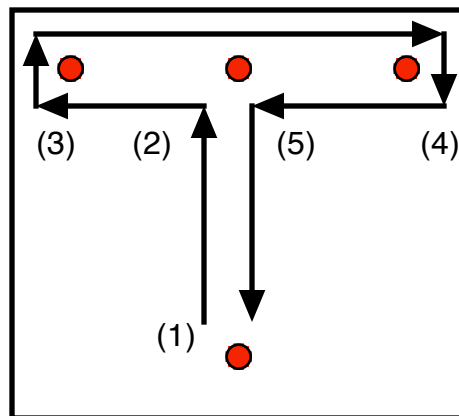


### “T” RUN

- (1) Sprint straight for 10 yards
- (2) Stop, Slide Left for 5 yards
- (3) Stop, Slide Right for 10 yards
- (4) Stop, Slide Left for 5 yards
- (5) Stop, Backpedal for 10 yards
- (6) Sprint straight for 10 yards
- (7) Stop, Slide Right for 5 yards
- (8) Stop, Slide Left for 10 yards
- (9) Stop, Slide Right for 5 yards
- (10) Stop, Backpedal for 10 yards

### “T” Drill with the ball

Dribble around cones as shown at right



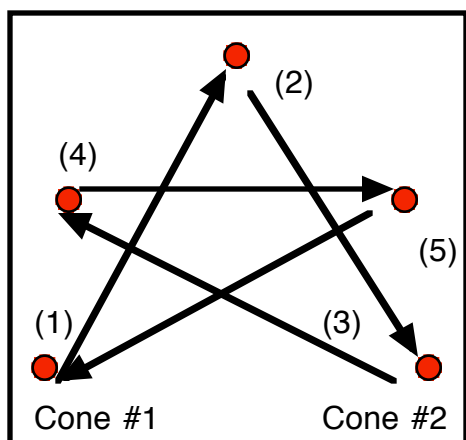
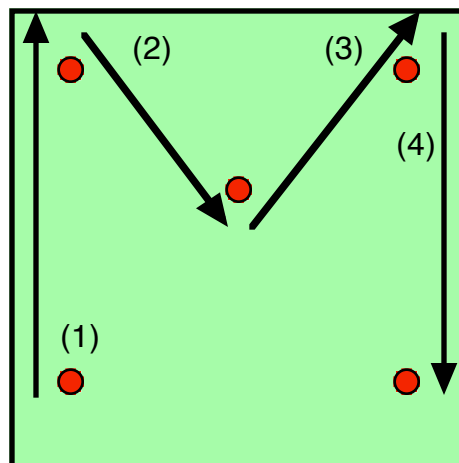
### “M” RUN

Start at Cone #1

- (1) Sprint straight for 10 yards
  - (2) Stop, Cut diagonally with Left Foot, sprint 5 yards to center cone
  - (3) Stop, Cut diagonally with Right Foot, sprint 5 yards
  - (4) Stop, Cut diagonally with Left Foot, Sprint 10 yards to finish
- Repeat, but start at Cone #2

### “M” Drill with the ball

Dribble around cones as shown at right



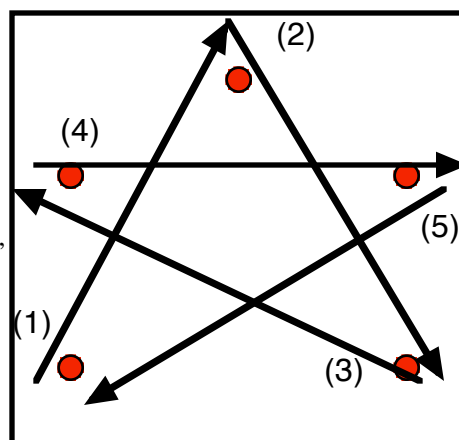
### “STAR” RUN

Start at Cone #1

- (1) Sprint 10 yards to top cone
  - (2) Stop, Cut diagonally and sprint 10 yards to Cone #2
  - (3) Stop, Cut, Sprint 7 yards
  - (4) Stop, Cut, Sprint 8 yards across “star”
  - (5) Stop, Cut, Sprint 7 yards to finish
- Repeat, but start at Cone #2

### “STAR” Drill with the ball

Dribble around cones as shown at right



## COACHING POINTS

- > When cutting with the ball, emphasize using the outside of the foot closest to the cone.
- > If training a large group or the entire team, set up enough grids to host no more than 4 players at each.
- > The number of repetitions depends on age and skill level of player(s).