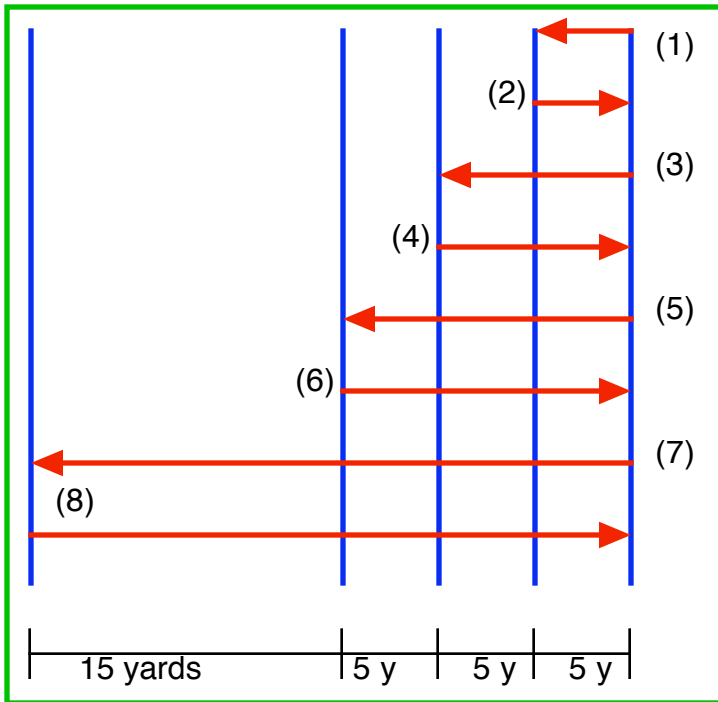


SPEED, AGILITY & QUICKNESS: Soccer Specific Sprints

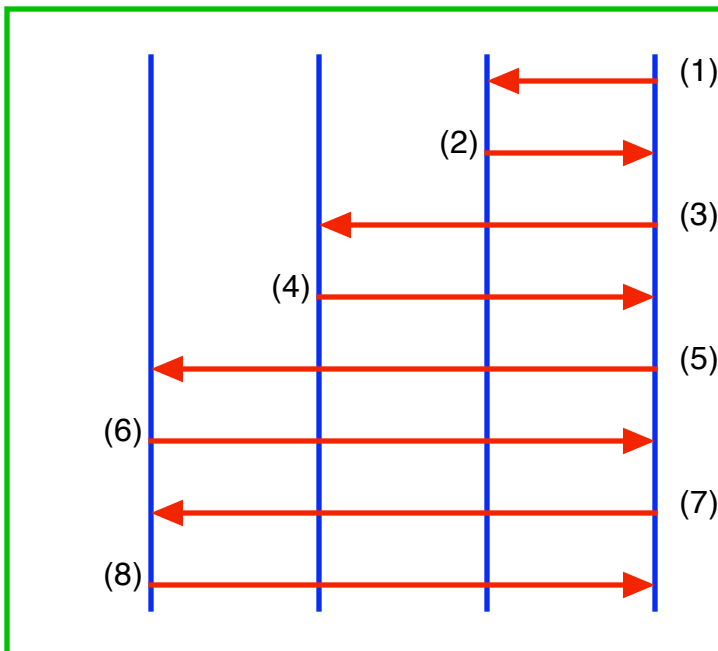


"120s"

- | | |
|----------------------|----------------------|
| 1. | Sprint 5 yards |
| 2. | Sprint back 5 yards |
| 3. | Sprint 10 yards |
| 4. | Sprint back 10 yards |
| 5. | Sprint 15 yards |
| 6. | Sprint back 15 yards |
| 7. | Sprint 15 yards |
| 8. | Sprint back 15 yards |
| Total Yards Run: 120 | |

Variation: with ball -- dribble

COACHING POINTS/NOTES: These runs can be used as part of the fitness phase during a warmup session or at the end of a practice session to work on the players' anaerobic endurance.



"108s"

- | | |
|----------------------|----------------------|
| 1. | Sprint 6 yards |
| 2. | Sprint back 6 yards |
| 3. | Sprint 12 yards |
| 4. | Sprint back 12 yards |
| 5. | Sprint 18 yards |
| 6. | Sprint back 18 yards |
| 7. | Sprint 18 yards |
| 8. | Sprint back 18 yards |
| Total Yards Run: 108 | |

Variation: with ball -- dribble