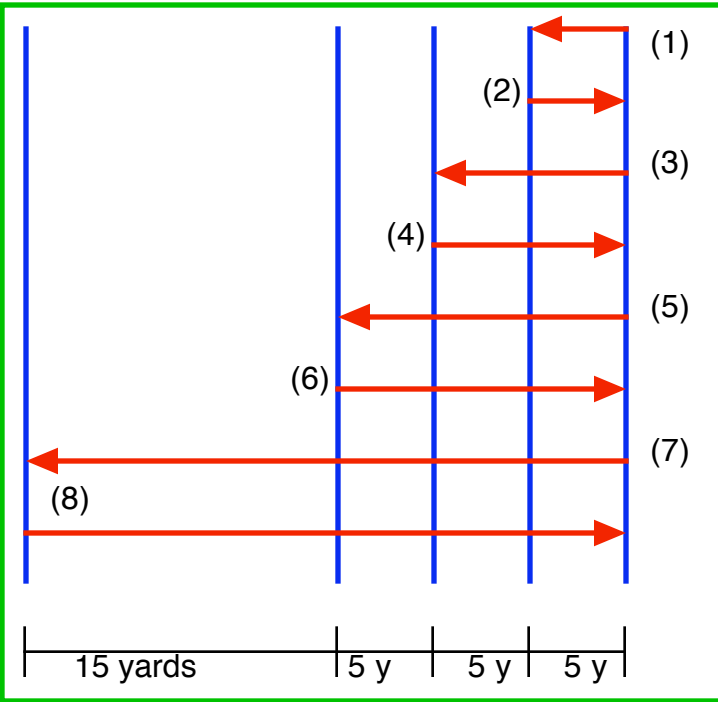
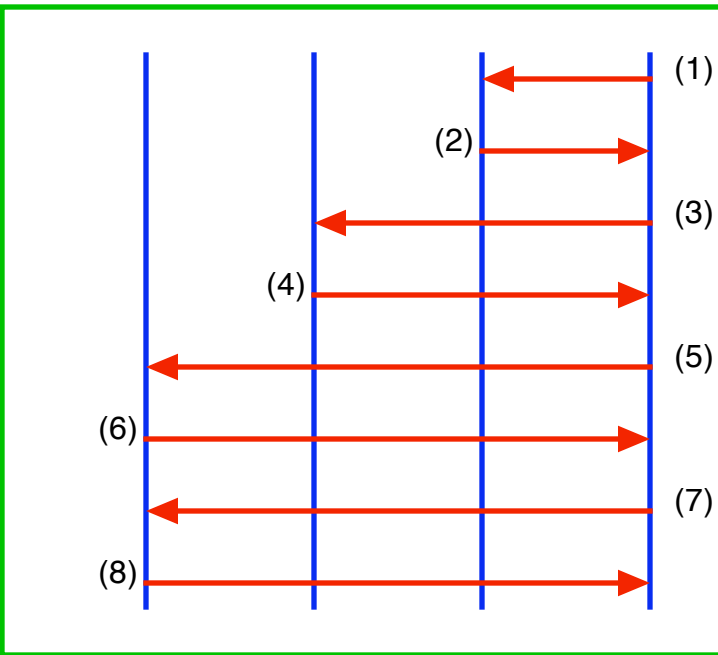


SPEED, AGILITY & QUICKNESS: Soccer Specific Sprints



"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	