



Kickers FC Speed Training 1

Category: Physical: Speed

Difficulty: Moderate

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Feint Runs. (10 mins)

Method:

20x20 yards. Teams opposite each other.
This Drill is too incorporate body feints.

Teams alternate 'Feint' runs.

On whistle two players JOG to the center cones.
One is the 'Feinting player' named just as they ready to take off.
His job is too trick the other player that he is going a different way than he does.
but he explodes then in the direction.
Players race to choice they make on turn.

