



Kickers FC Speed & Agility Training 1

Category: Physical: Agility

Difficulty: Moderate

Gordon Ferguson, Blaine, United States of America



Description

This SAQ drill emphasizes speed and agility in order to complete a lap of the cones in a quick time. It also adds a competitive nature to the session. The Power and Agility course adds a power component to physically challenge the players and still create a competitive setting to push harder

SAQ Arrow (20 mins)

Equipment: 8 cones

Setup: From start cone, place 2nd cone 10yds forward, place 3rd cone 5 more yards forward.

From cone 2, place a 4th cone 5 yards to the left and perpendicular to the line created from cone 1 and cone 3.

Set up is the same for the other side, but with the 4th cone being placed 5 yards to the right.

Activity

Two teams of an even number of players line up behind the cone at points A and B.

For a warmup, each team works its side of the arrow, once and switches to run through the other side.

Then, one player from each team races against each other.

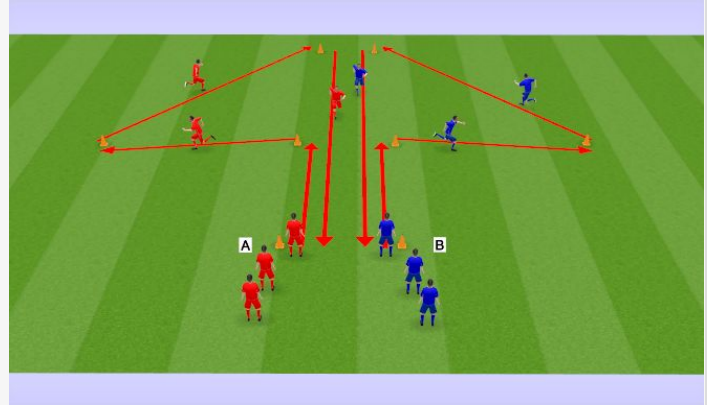
Players sprint around each corner on the *outside* of the cone before sprinting back to your team at the start finish line.

Once the full team has gone, teams switch sides and repeat the individual challenge

Progression

Same but in a team relay. Players must tag (hand a pinnie off to) the next person before starting their lap. As players finish the first side, they line up to complete the cycle on the opposite side.

Competition Advancement: Winning team plays the winning team from the other contested arrowhead.



Learning Objectives



Physical

Speed, Agility, Quickness



Social

Competitiveness

Power & Agility Course (20 mins)

Equipment: Ladder (1), agility Sticks (4), cones (5)

Setup: Place ladder, stagger 4 agility poles at approximately 45 degrees to the side, 5 yards apart beginning around 3 yards.

Place 5 cones to the side of the agility sticks spacing the in two lines - one of three cones, spaced 10 yards between them, with two cones spaced 20 yards apart beginning about five yards behind the middle of the first three cones and 3 yards towards the agility sticks.

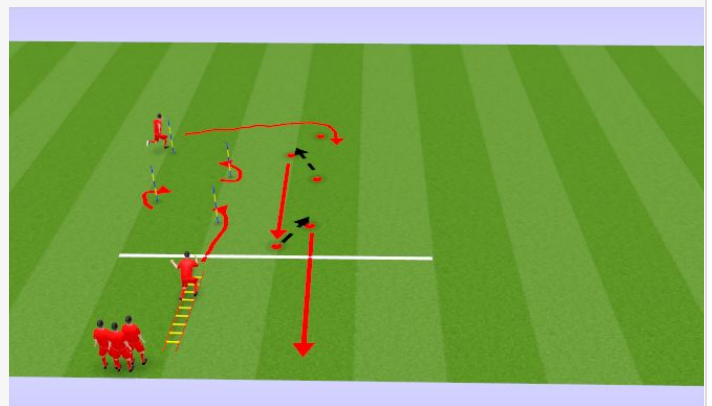
Activity

Players line up and two foot hop through the ladder.

Once the players complete the ladder, they then run through the agility sticks, moving and cutting side-to-side.

After rounding the last agility stick, the play advances to the far cone and cuts right to run forward 10 yards, then back-pedal to the cone approximately 5 yards back and to the side, then accelerates to the cone directly forward approximately 20 yards, back-pedals 5 yards and then runs forward to finish.

Challenge: If numbers are available, have adjacent teams run the course for x number of times. The winning team is one in which all members of the team complete the challenge x number of times.



Learning Objectives



Physical

Power, Agility, Quickness



Social

Competitiveness