

Ajax sprints

This training session is designed to develop the players' ability to transition from low-level activities to high speed running in game like situations.



What you tell your players the session is about

1. Improving the player's ability to change pace from low level to high intensity.
2. Introduce the players to direction changes at pace.
3. Translate the learnt skills into a soccer based drill.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	20 mins	30 mins	20 mins	10 mins

Activity	Kit	Outcome
Warm up	Cones and balls	Exaggerated soccer and running movements to prepare the players to run
The session	Cones spaced at 5m and 10m	Prepare players to move multi-directionally prior to more explosive effort
Development	As above plus 2 further cones placed at 5m	Full speed running with a controlled high speed change of direction
Game	Cones and balls and goals	Translate skills into a soccer situation without loss of technique
Warm down	Balls	Return to normal resting state to minimize aching and stiffness



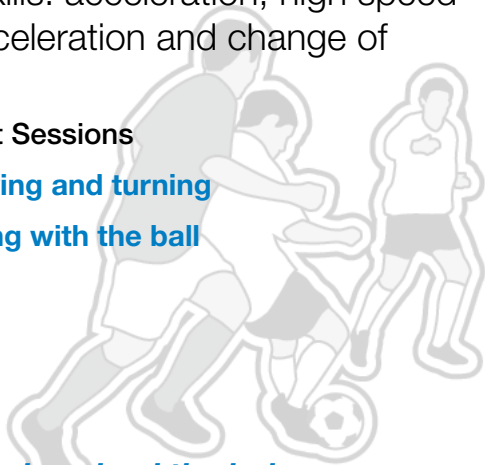
Where it fits

Individual skills: acceleration, high speed running, deceleration and change of direction

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What to think about

- Perform movements correctly prior to sprint.
- At transition focus on correct acceleration technique.
- Body position (lean from ankles), be aware that some players will bend at the waist which is counter productive.
- Use of arms (powerful and dynamic) elbows at 90' moving full range.
- Shorter strides to longer strides.
- Slower strides to quicker strides.





Set-up

Arrange cones as per the diagrams.



What you get your players to do

Ajax sprints

- Jog in 5m space then accelerate through 10m space.
- Side step to the right in 5m space then accelerate through 10m space.
- Side step to the left in 5m space then accelerate through 10m space.
- Jog backwards in 5m space then turn (right shoulder) and accelerate through 10m space.
- Jog backwards in 5m space then turn (left shoulder) and accelerate through 10m space.
- Jog in 5m space then jump and upon landing accelerate through 10m space.
- Jockey backwards in 5m space then turn (right shoulder) and accelerate through 10m space.
- Jockey backwards in 5m space then turn (left shoulder) and accelerate through 10m space.
- Jog in 5m space then quickly down and roll to the right, up and accelerate through 10m space.
- Jog in 5m space then quickly down and roll to the left, up and accelerate through 10m space.
- Jog in 5m space then spin 360° clockwise and accelerate through 10m space.
- Jog in 5m space then spin 360° anticlockwise and accelerate through 10m space.

Y Drill – as per Ajax sprints with a cut around the cone to the right and left (alternating).

Sprint to shoot – as per Ajax sprints changing direction onto a passed ball (control and finish).



What to call out

- “Lean from ankles”
- “Powerful arm drive”



Development

Introduce a change of direction at high speed, make the players cut around the cone to turn either right or left.



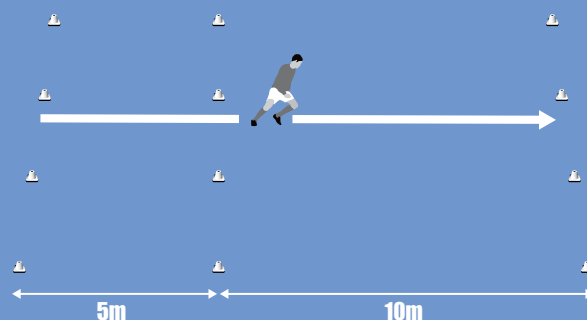
Game situation

Get the players to run as per the Ajax sprint then one of the servers feeds the ball forcing the player to change direction onto the pass to have a shot.

Ajax sprints

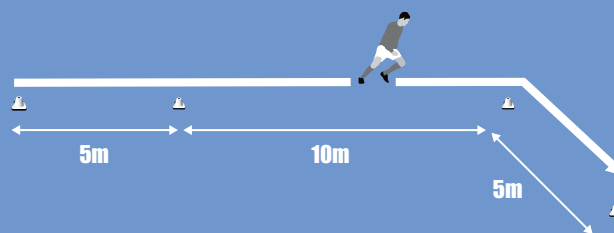
direction of run ⇨ pass □□□⇨
shot →

1



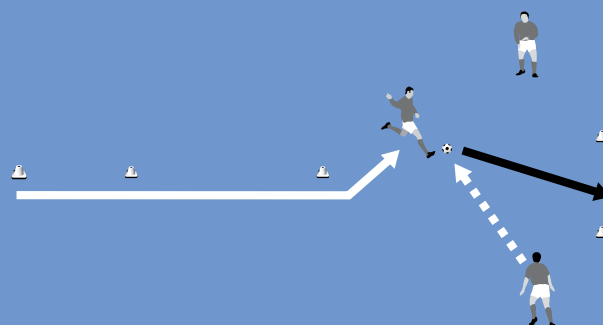
Ajax sprint: perform low intensity drill in 5m section, then change pace and accelerate thru the 10m section.

2



Y drill: cut around the cone to perform a high speed controlled turn – re-accelerate to the finish cone.

3



Sprint to shoot: run as per Y drill onto the fed ball to finish in small goal

