

A Speed Trainers USA Summer Camp Favorite! one activity that build 5 types of game speed

Of the 7 Speeds in Soccer, "**Quickness**" is one of the most dynamic and dangerous speeds you can build in your players.

Why is this?

Because the majority of the running you will do with the ball - and just as important, the supporting runs close to the player with the ball - involve stopping, cutting, restarting, exploding away from a defender, attacking into a space a short distance away, etc.

All of these movement skills are called upon during those critical times in a game when your players are working hard to gain, maintain, possess the ball and score goals. So, it's important that you know how train your players to become both physically quicker and more agile in these situations but also increase their ability to 'think and react' quicker and with more confidence.

One of the best speed activities I use to accomplish this is also a STUSA camp favorite.

This speed training activity is very effective at increasing speed in these 4 areas:

- 1) Quickness & Agility Speed
- 2) Mental Speed
- 3) Perception-Reaction Speed
- 4) Individual Tactical Speed

Directions:

Starting with one player at each short cone, the coach gives each player a color and then says 'go!'

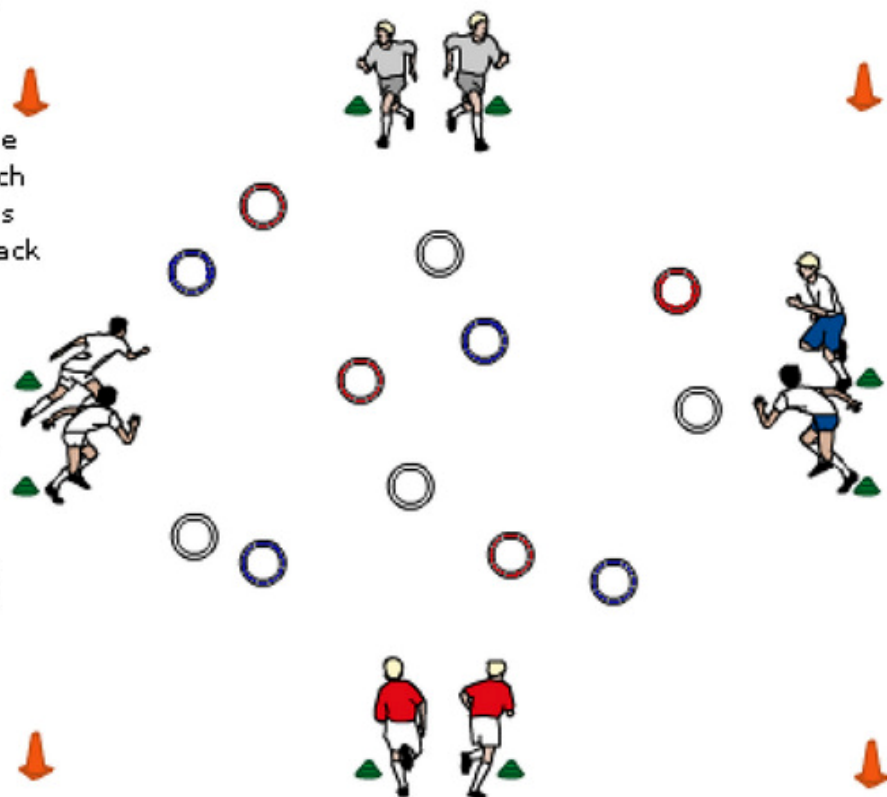
The players run through the grid placing one foot in each ring of that color, as fast as possible and then sprint back to the start line.

The first on back gets a point. Race someone different on the next race.

Set Up:

Approx. a 20x20 yard grid with 12 colored agility rings scattered randomly around the grid. There should be 3 different colors x 4 rings = 12 rings.

STUSA - Agility Rings Medley - Camp Progression
Agility races between two players.



Created by Chochi Valenzuela - Director
www.SpeedTrainersUSA.com www.SoccerSpeedTraining.com