

Build faster feet and quicker upper body technique.

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Exercise of the Week - How to Use Cones to Train Basic Sprinting Technique.

A simple Drill like 'Over and Backs' can do wonders to help you build and re-invite good technique into your players...

A soccer player touches the ball about 3% of the game, the other 97% they are running, sprinting, turning, accelerating, decelerating and reacting and moving according to their competitive environment...

It only makes sense that - If you want to PLAY FASTER you need to be able to MOVE FASTER. And, move faster in every situation...

The "old school" way to increase speed was to pound into our kids the antiquated phrases like: - Push yourself! - Try Harder! - You've got to WANT it more than them!!!!

It's not about trying harder - that's for people who don't know how to teach speed - and in this case, Speed For Soccer!

Speed is about learning/teaching the proper techniques and movement skills for the specific

When you learn, understand and practice the techniques that make you faster then your players get faster.

There are two things to consider at the beginning stages of speed development for the newly educated soccer coach or trainer.

This could be called the Effort to Technique Ratio.

Upper body lower body coordination is critical to increasing your speed.

99% of soccer the players I see each week sprint and move around the field using very poor technique.

I see coaches trying to increase their player's speed but not really understanding the mechanics of sprinting or the techniques for speed.

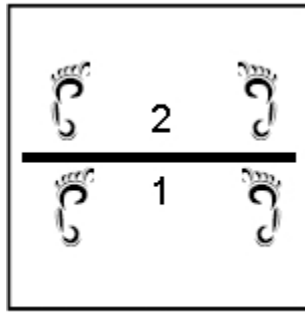
You can get an idea of how important technique is for speed with this analogy: "Imagine your kid has a really powerful kick, and every time he/she shoots the ball it flies off of their foot like a cannon ball.

But, he/she can never hit the target...

Trying harder does not make a difference.

In fact, trying harder while using poor technique is a waste of your kids time and energy. And, it could lead to a demotivated player rather than a faster soccer athlete. Practicing and focusing on proper technique makes all the difference in the world.

The same is true with speed." Here's a great drill to practice proper sprinting and acceleration techniques: "Overs & Backs"



R2-L2-R1-L1

'Over and Backs' - Back to Front. You can set up 2 1/4" cones in a line or use a line on the field.

This is the lower body portion of the technique.

Begin with this pattern and do it 10 times over and back: R2-L2-R1-L1, then begin the next 10: L2-R2-L1-R1, this will develop your initial first step coordination on both sides.

The Upper Body Technique for this drill: Keep your arms pumping throughout the whole exercise. Your arms should be bent at the elbows in a "V-Shape" if you are doing quick feet drills and at 90 degree angle or "L-Shaped" if you are working on high knee drives.

Have your players "Slice" through to air with their hands as they drive their elbows forward and back... Advanced Your Training: Add a 15yard Acceleration/Sprint at the end of your 10 repetitions!

Remember to have your players transfer their arms swings from the fast footwork drill into the "Acceleration Phase".