

SESSION OF THE WEEK

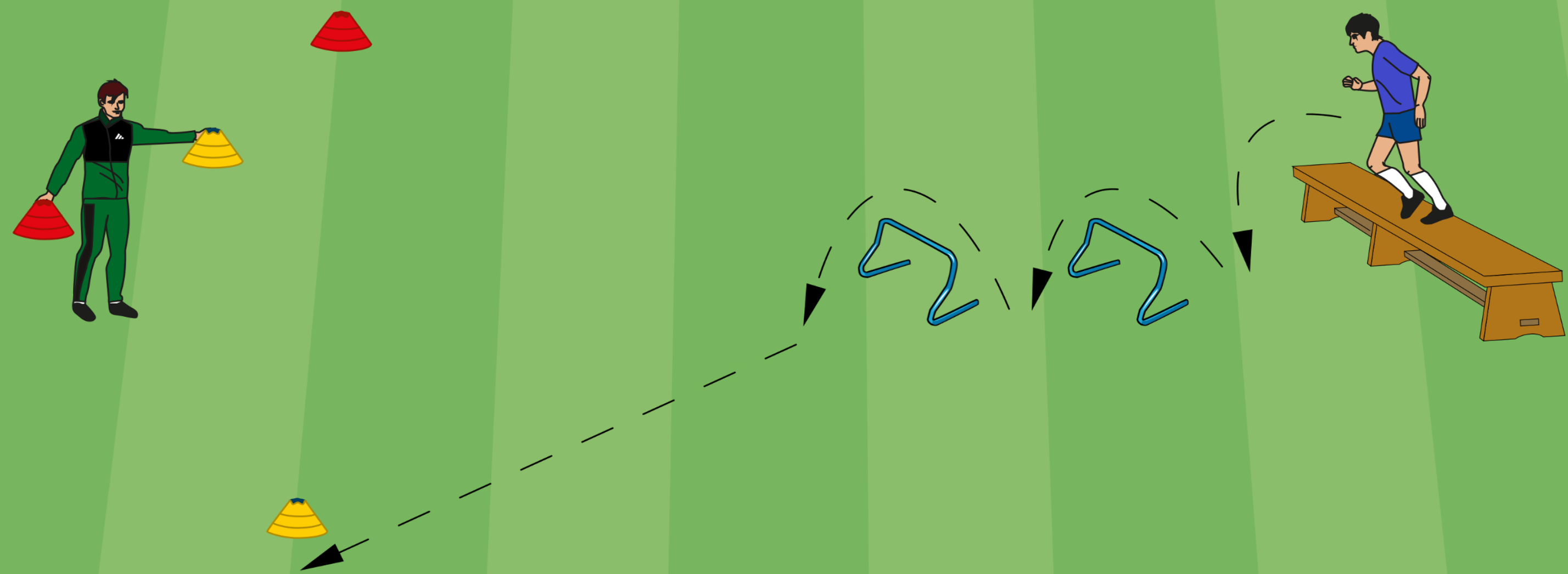
- FOOTBALL -
TRAINING OF THE
INITIAL SPEED

CW35 2019

» WARM UP

» MAIN PART

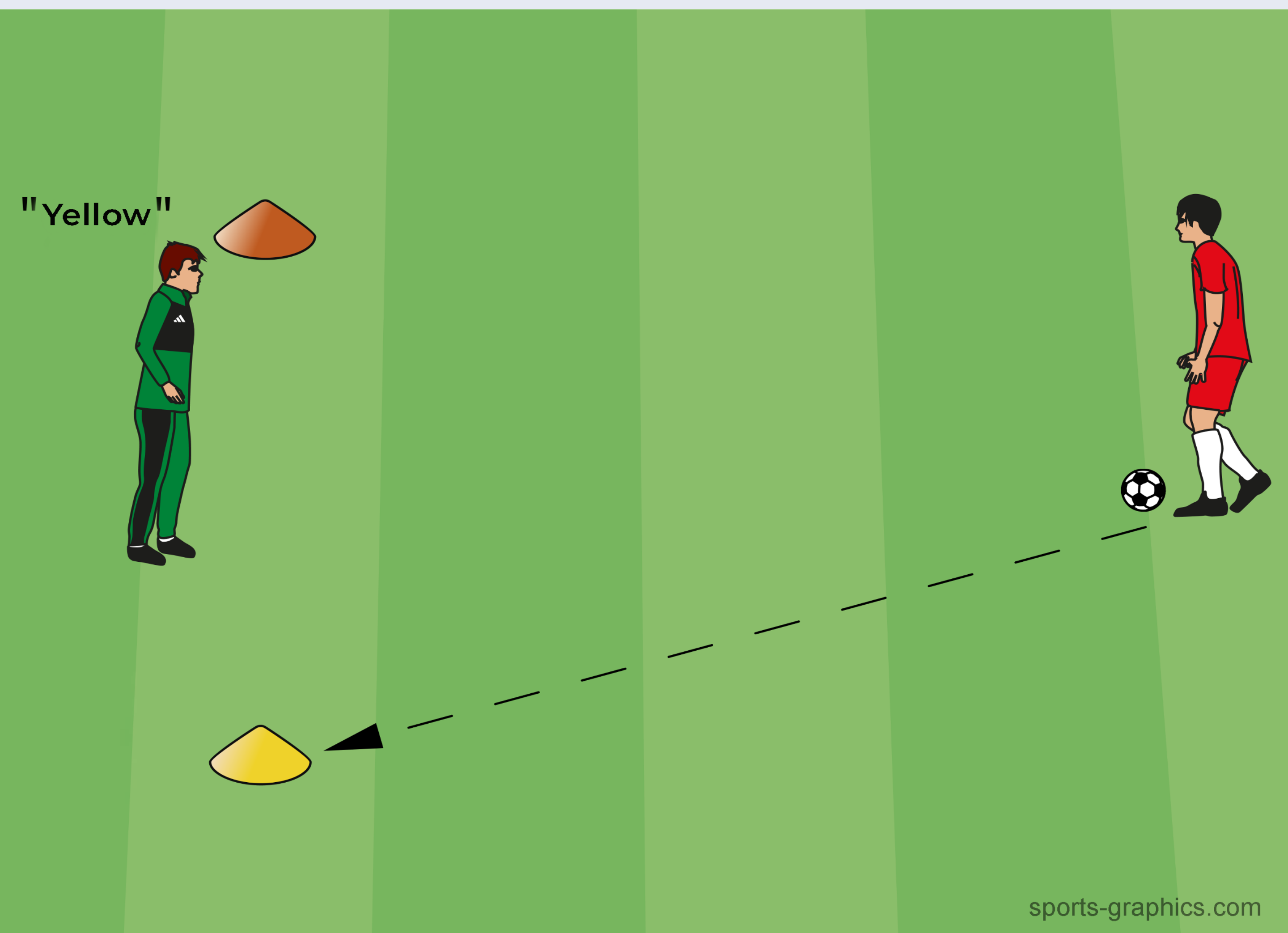
» FINAL PART



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WARMUP



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Training process

The player taps the ball alternating with the tips of his feet in alternating jumps. At the shout of the coach (e.g. yellow) the player sprints to the right mini pylon and taps it.

Then he slowly goes back to his starting position. The sprint should always be done at maximum speed, otherwise the aim of the exercise will be missed. Therefore, it is important to recover completely between the runs.

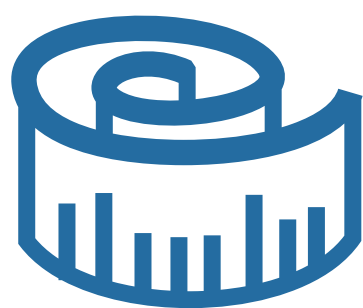
▶ WATCH VIDEO

WARMUP



EQUIPMENT

- 1 football
- 2 mini pylons (2 different colors)



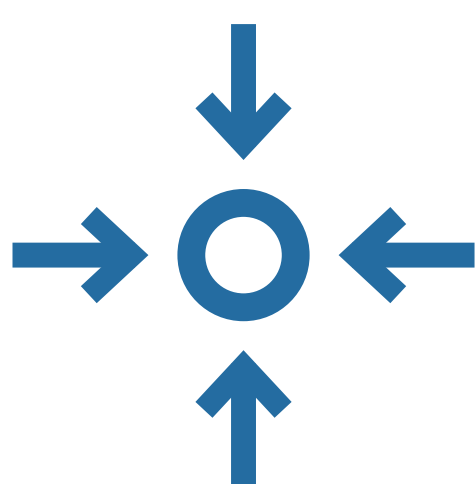
ORGANIZATION

The player stands 7 to 8 meters away from the mini pylons with the football. The coach is standing between the two mini pylons.



VARIATION

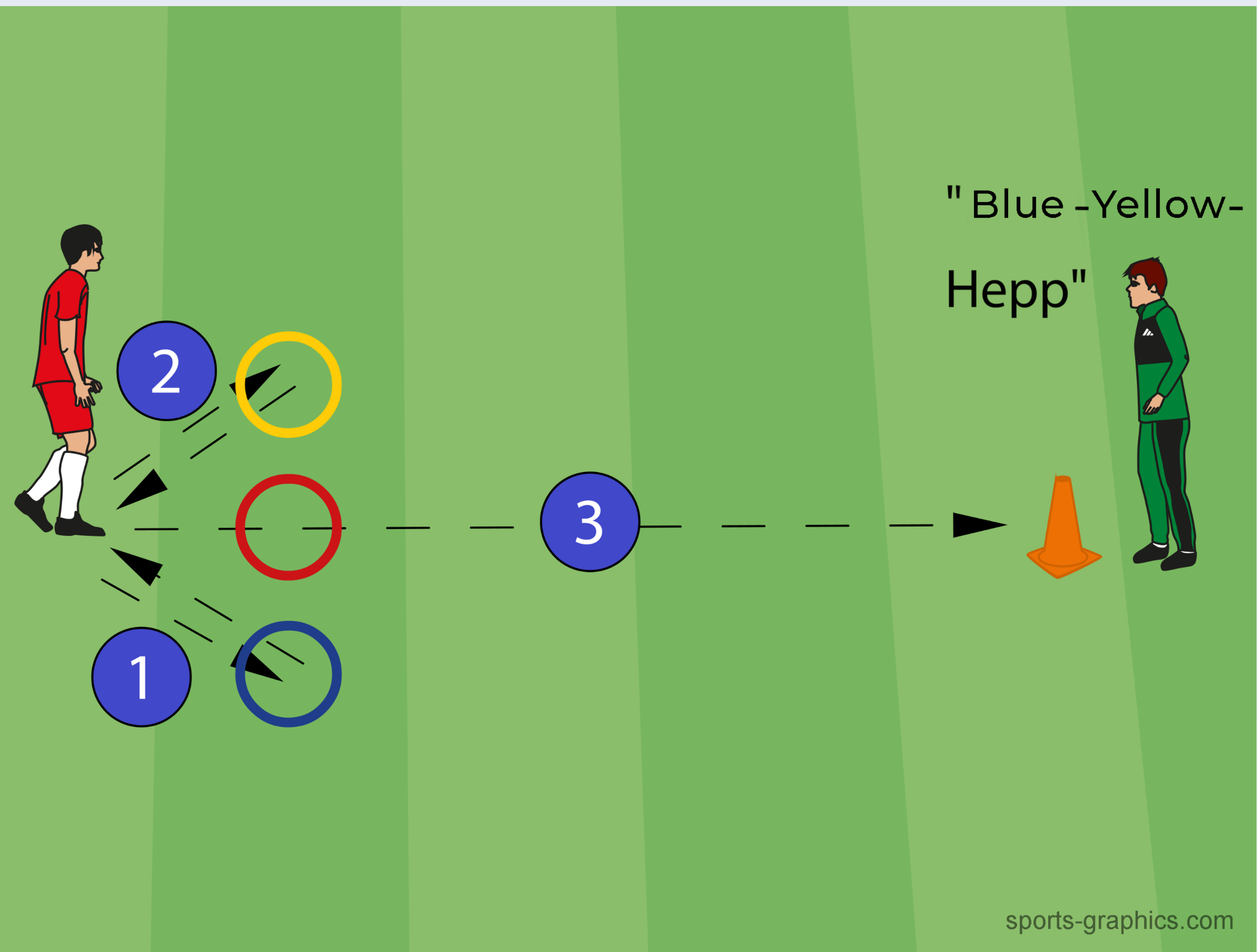
The player must sprint to the opposite color (e.g. command „yellow“ - sprint to the red pylon).



COACHING CLUES

- Speed
- Reaction time

MAIN PART



Training process

The trainer shouts one or more colors. The player must touch the specific rings with a foot. If the trainer then shouts a command, the player has to run to the coach.

After the run, the player should completely recover so that he can perform the following sprint at maximum speed and thus achieve the intended training success.

▶ WATCH VIDEO

MAIN PART



EQUIPMENT

3 different coloured coordination rings
1 cone



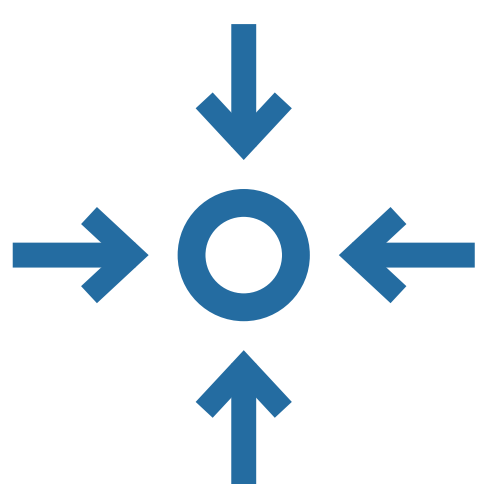
ORGANIZATION

The coordination rings are lying next to each other and the player stands behind them. The coach is 5 meters from the player on the cone.



VARIATION

The trainer asks mathematical questions and if the result is less than 10, the player must tap the yellow ring, between 10 and 20 the red ring and more than 20 the blue ring.



COACHING CLUES

Speed
Reaction time
correct order

FINAL PART



"Hepp"



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Training process

The player jumps down from the bench. He then pushes himself off the ground intensively and jumps over the T-PRO return hurdle.

There should only be a short contact on the ground. The player then sprints to the cone. After the jump the player should land in the pedal position to allow a smooth transition into the sprint.

This can save time. This exercise is performed 8 times. Between the runs the player has a break.

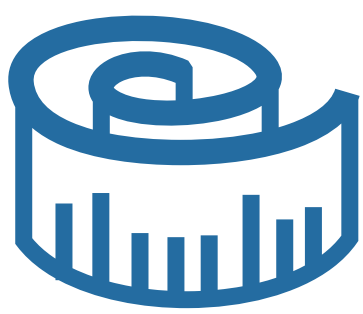
▶ WATCH VIDEO

FINAL PART



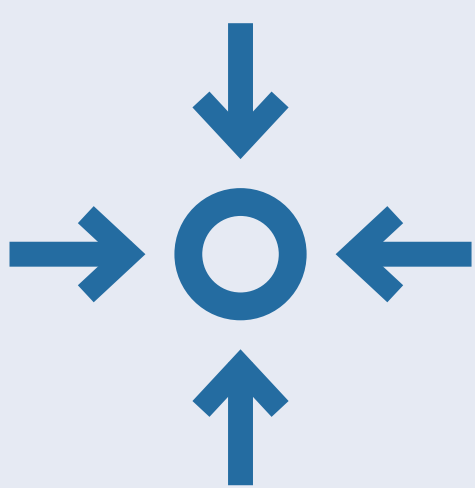
EQUIPMENT

- 1 bench
- 1 T-PRO Return hurdle
- 1 cone



ORGANIZATION

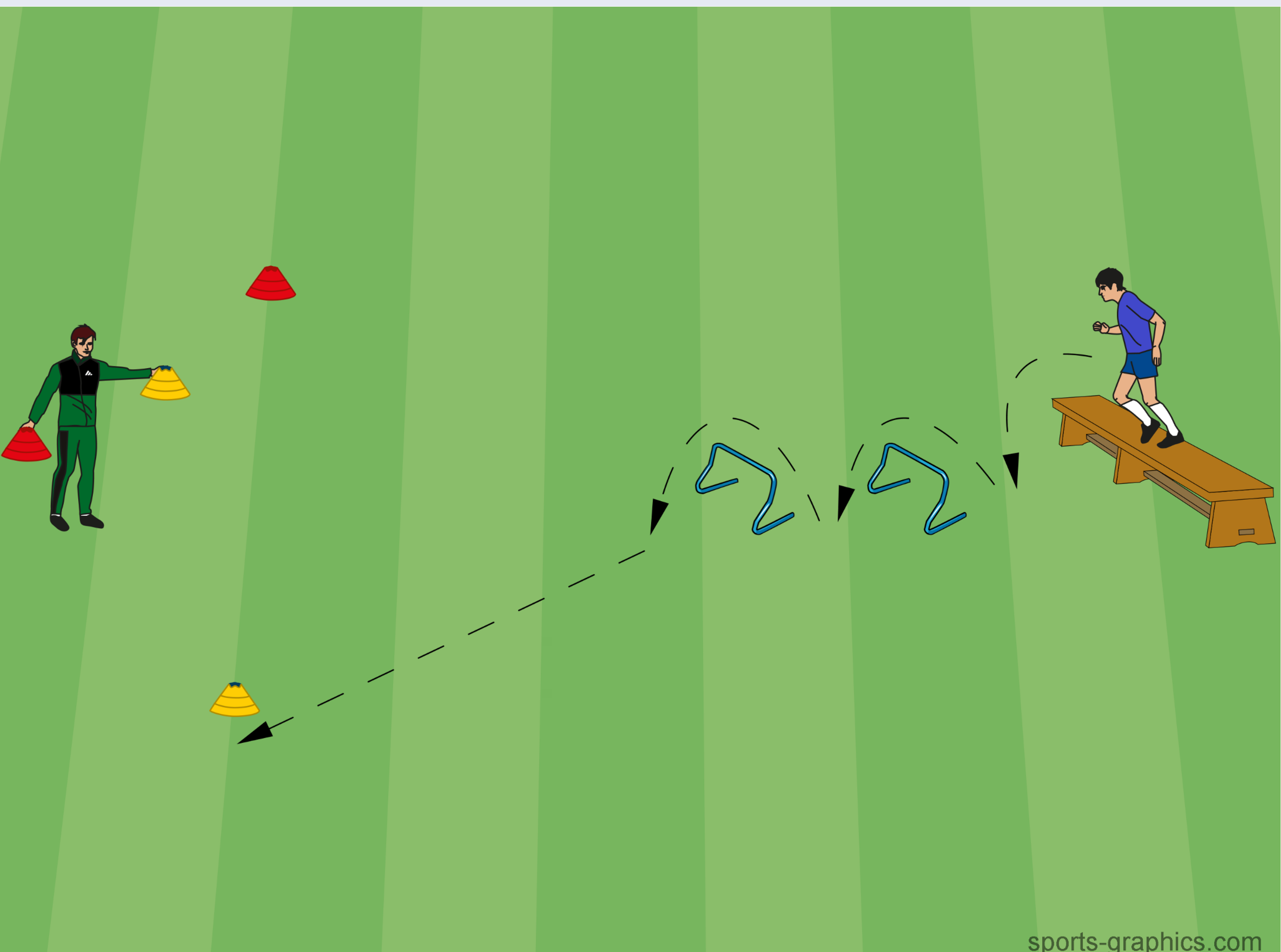
The player is standing on the bench. The T-PRO return hurdle is 50 centimeters in front of it. 1 cone is placed 5 meters from the bench away.



COACHING CLUES

- Jumping power
- Speed

FINAL PART - VARIATION



Training process

The player jumps down from the bench and then with a short and intense ground contact over 2 return hurdles.

After jumping over the hurdles, the player should land in the pedal position in order to be able to start the sprint directly. Now the player has to look at the coach. The coach shows one of the 2 coloured marking cones.

The player must react to the coach's signal and sprint to the appropriate cone. A maximum sprint should be performed. It is important, therefore, to keep a sufficient break between the runs. The exercise is performed 8 times.



ADDITIONAL EQUIPMENT

4 marking cones (2 in one color each) and another return hurdle.