

FAST FOOTWORK, COORDINATION AND SPEED TRAINING

All training is specific to match play. Our work is based upon developing a balance between ball handling and functional running and sprinting in combination with jumping, stopping and turning.

Quick feet, light feet, changing stride length exercises will be particularly important.

Repetition of the exercises is important throughout the season on a weekly basis to develop good and correct habits regarding co-ordination, comfort in running, awareness of the efficient use of arms and legs in running and the synchronization of limbs.

We are intending to develop a 6th sense in teaching the players to use the right techniques at the right times.

The application of body co-ordination and speed work is particularly important in the 6 to 12 age groups and will go hand in hand with an increased amount of technical skills training.

The 13 to 19 age groups will need more strength and staying power training as well as the above.

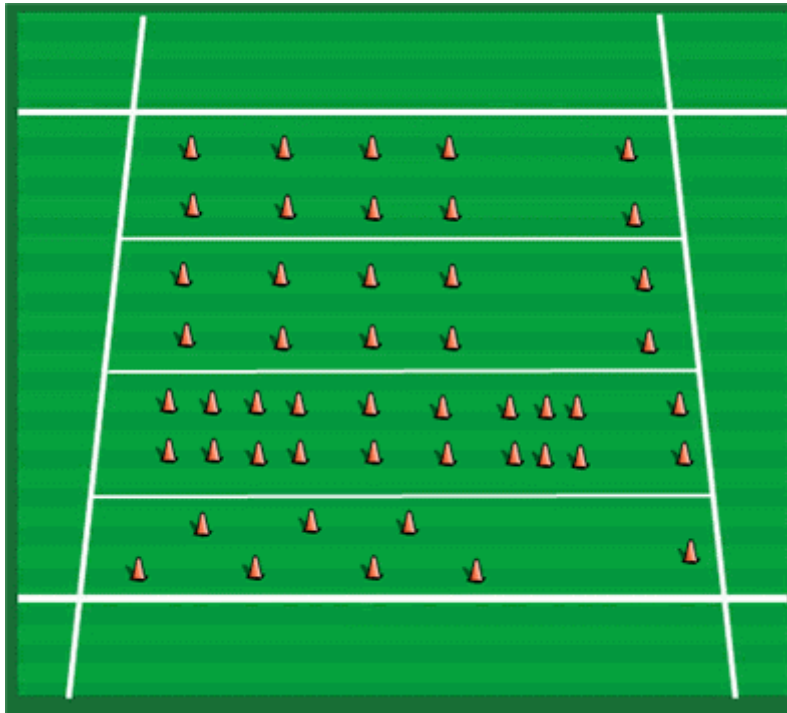
General observations on running indicate the need to be able to adjust the stride length with ease to suit the situation and to be able to adjust and vary the length of stride as the particular match situation dictates.

When running, long strides mean less contact with the ground so the player is more easily knocked off the ball and unbalanced. Better to adjust the way you run with shorter quicker strides so there is more contact with the ground, less chance to be knocked off balance, and there is a greater chance that the feet are in the correct position where and when they need to be.

Far too many players play flat footed, they do not get their feet in place early enough (or at all) to run or change direction or, “particularly”, to receive the ball and be able to control it with comfort and effectiveness. This training is designed to cure this big problem. It is about improving balance, foot co-ordination and speed.

Five to ten minutes of every session should be devoted to practicing this footwork at pace, without the ball, but then incorporating the ball as their skills improve where it is appropriate.

Quick feet are essential for a player to be successful at soccer and learning to use a shorter stride length on starting means the player gets away quicker. These following routines are examples of circuits of cones that can be laid out to help the players develop this talent. **INCLUDE YOUR OWN IDEAS.**



Quick feet, knees up: Forward and backward running. Concentrate on footwork and leg rhythm (cones a half meter apart with a 5 meter sprint at the end). Players are racing in two's.

Side to side: Checking side to side between cones with fast feet then a sprint, practice forwards and backwards (defending movement).

High Frequency: long and short strides changing the stride length, adjusting the feet. Stepping between the cones.

Checking and Dummying: Bouncing side to side in one movement, with feet wider apart, as fast as possible, throwing a dummy with the upper body, good for the dribbling movement dropping the shoulder one side and moving to the other side.

Dribbling and Feinting

Developing dribbling and turning in different directions and at different angles

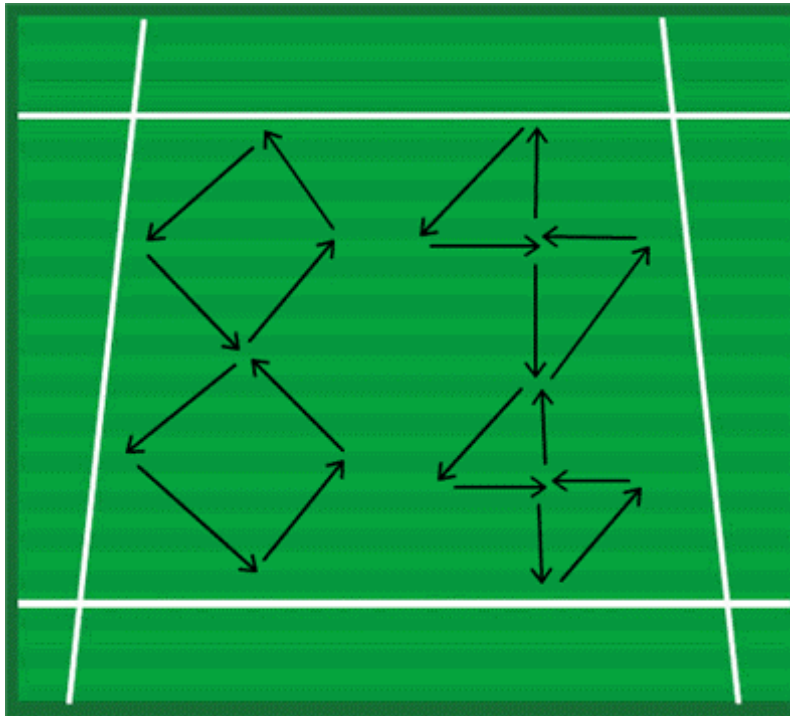
At each cone they have to “cut” the ball back in the new direction they are going. Talk about defenders and cutting away from them attacking at certain angles.

The circuits are designed to make sure the players use both feet. Players meet in the middle so they must have their heads up to see where each other are positioned.

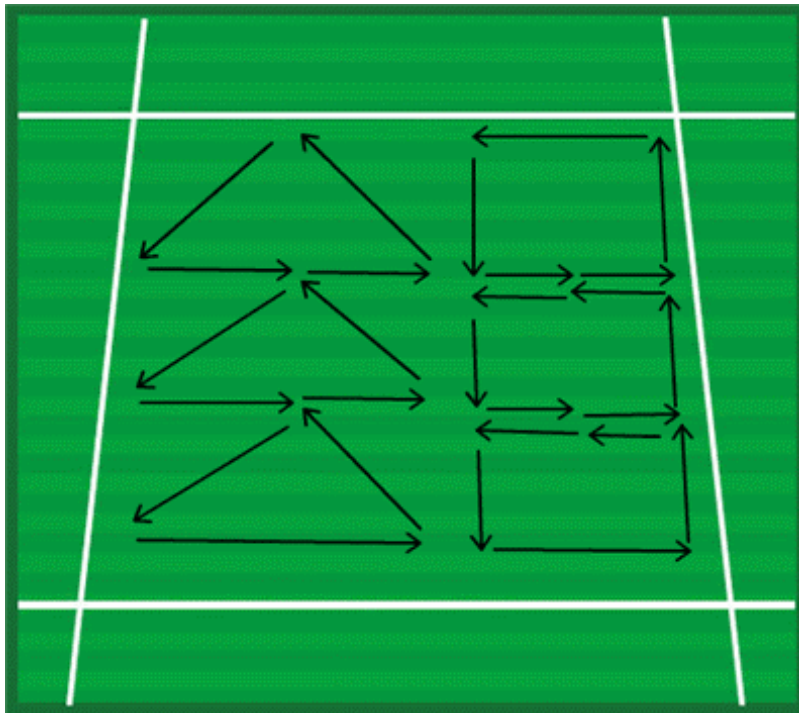
You can use these circuits for sprinting purposes also without the ball. Use two start positions for continuous movement. Making double the circuit means four start positions can be used. Shorten the circuit for fast foot coordination.

Players play at their own pace until they are comfortable with each technique. Pace is good but control is paramount. It can be lots of touches between the feet as you go; toe tapping the ball. Turning angles are different. Practice moves.

Diagonals; And Diagonal / Square / Forward



Diagonal / Square; And Forward / Square / Square / Forward

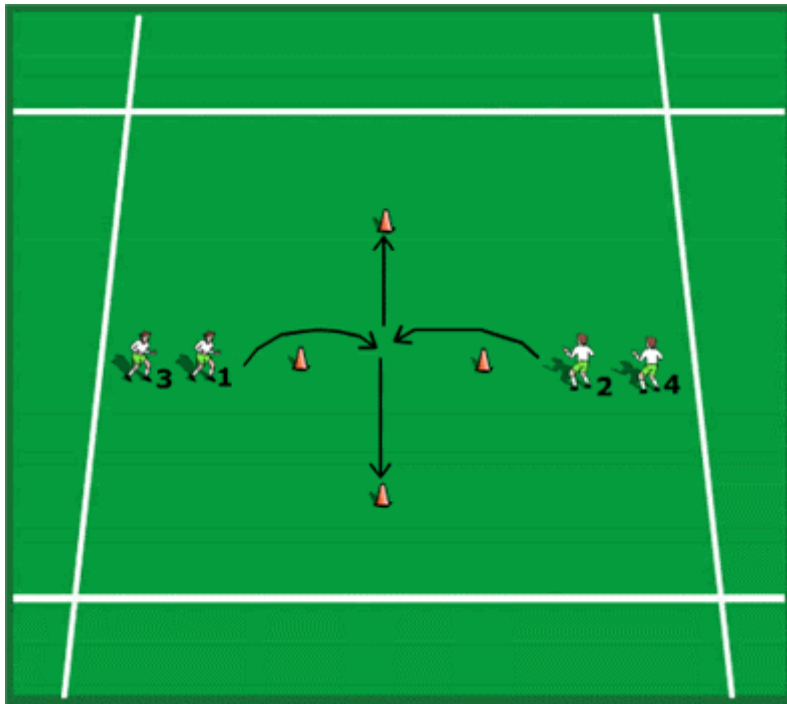


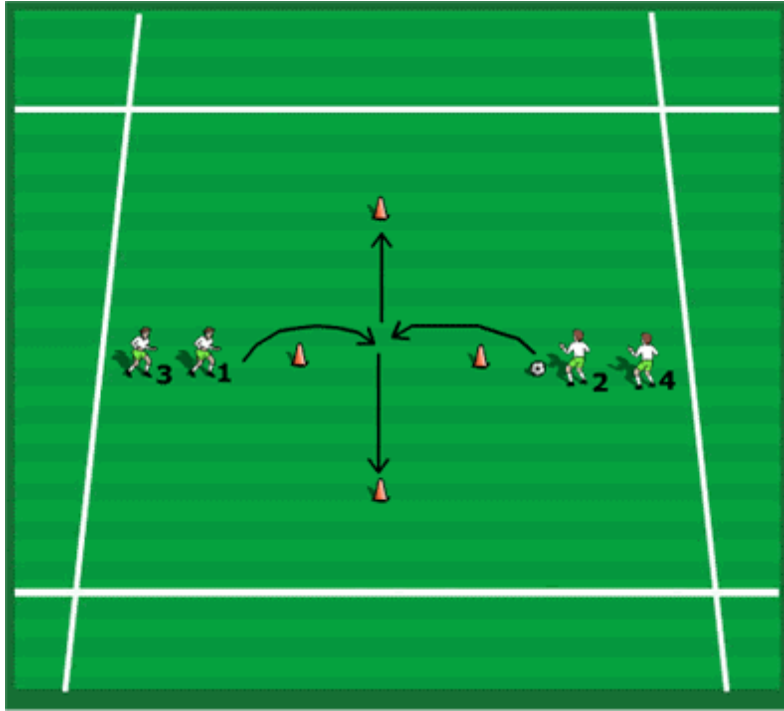
Forward / backward movement intensity for when an opponent attacks from the side.

Types of Movement

1. Using the inside of the foot only (with both feet)
2. Using outside of the foot only (with both feet)
3. Using inside / outside of the foot either side (one foot only)
4. Step over / outside take (Scissors)
5. Dummy step – foot beyond the ball then take it the opposite direction with the outside of the other foot (Matthews)
6. Full turn away from pressure using outside / inside of the foot (Twist off)
7. Drag back and turn – the ball moves behind the other foot

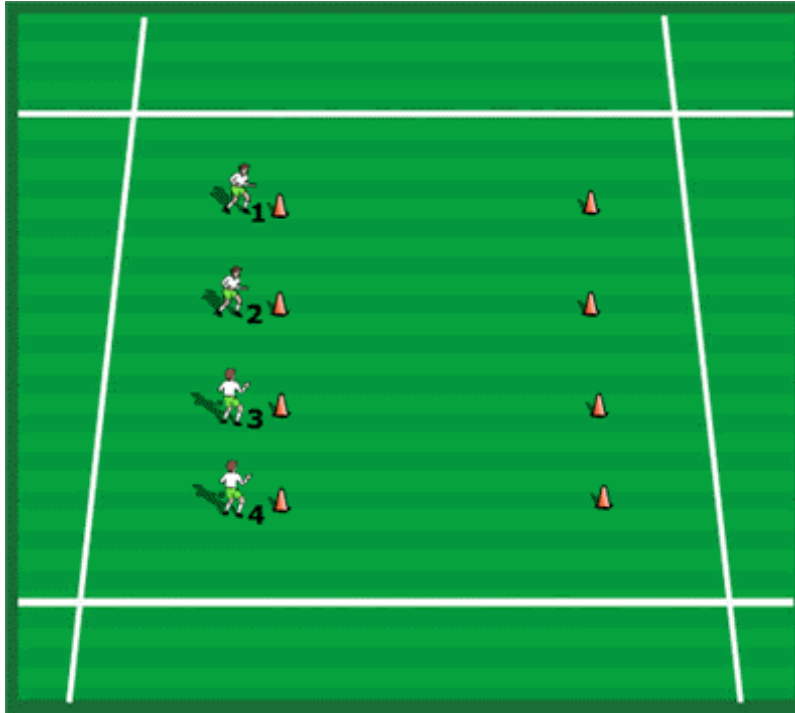
Speed Work





1. In 2's – jumping into each other's shoulder and sprint on landing 5 meters run / race.
2. In 2's – Different start positions from a standing start, e.g. turn on a call and sprint, sit up position facing forward then backward and so on then 5 meter run.
3. Jump and sprint away to the side changing direction. Jump over the cone and land on both feet. The designated person dummies and sprints one way, the other player reacts off this and sprints the opposite way.
4. Player (2) throws the ball to player (1) who then heads it to player (4) and on landing sprints to the side. Player (2) must close player (1) down and touch them before they reach either cone.

Test Without the Ball



Shuttle for SPEED in the start and in sprinting / 5 x 10 meter shuttle run

You can have several players doing this as a race.

You can also do them one at a time if you have the time to do it and see how long each takes to cover the distance.

Over a period of time check to see if each player is getting quicker.

They must sprint around the cones and can do a figure of eight if you like but it must be always the same routine to compare them.

I think it is best (if you have the time to do it) where each player is timed individually and you keep a record of their times over the year and the dates you did them to see their improvement.

When sprinting in a straight line stride length becomes longer this makes the player vulnerable in soccer and easily knocked off balance. It is more difficult to stop, change direction and time the handling of the ball.

Shuttle speed is very specific to soccer and keeps the stride length short and fast.

Test With the Ball



Shuttle test for SPEED in the start and in sprinting and ball control technique / 5 x 10 meter shuttle run

Player (1) sprints to player (3) who passes the ball to him or her. (1) Plays a one touch pass back, runs around the cone and sprints back to receive a pass from player (5).

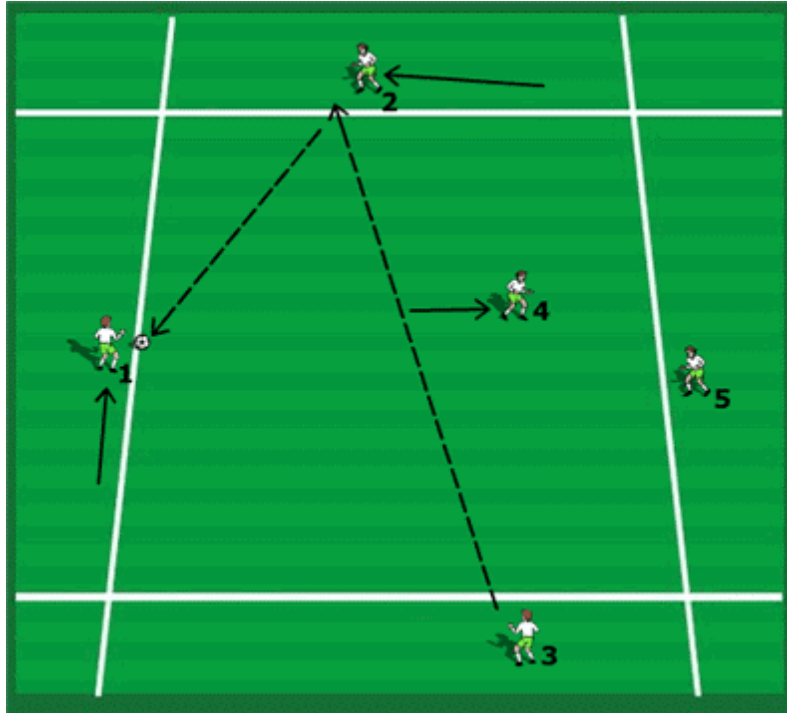
There is a constant need to change the stride pattern doing this changing the pattern when the pass is to be received and adjusting for the speed of the pass.

This test is an indicator of:

1. TECHNIQUE
2. SPRINTING POWER
3. MANEUVERABILITY

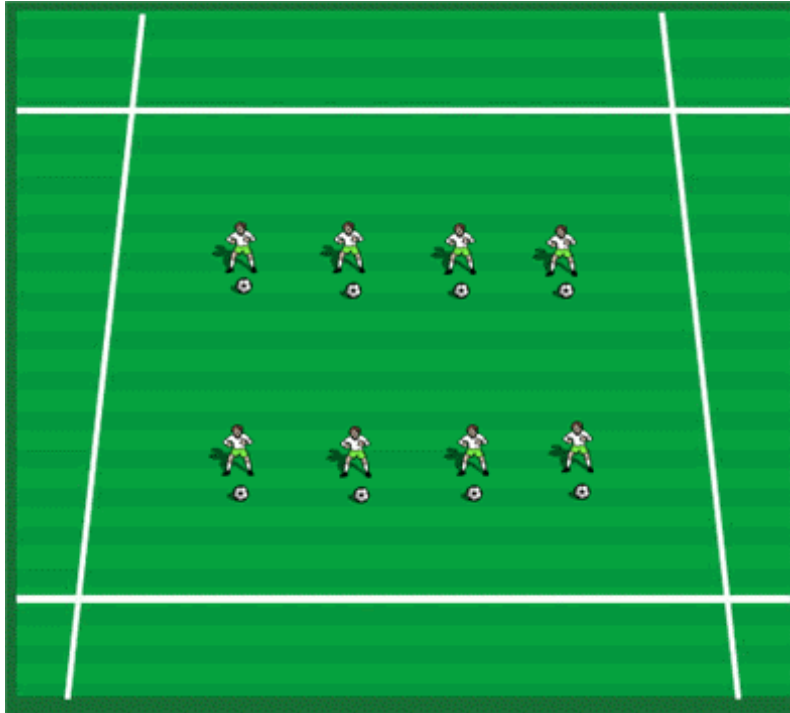
Again each player is timed individually and you keep a record of their times over the year and the dates you did them to see their improvement.

Developing Fast Feet with a Fun Game



1. Up to 5 players in a group with one of the players in the middle (could be three on the outside in a triangle for example). Outside players need to pass the ball to another player but at the same time try to hit the player in the middle with the ball below the knees.
2. This forces the middle player to move their feet quickly and be well balanced and mobile. It is just a fun warm up game for players to get them moving and get them focusing on fast feet and coordination.
3. (3) tries to hit (4) in the middle and (4) moves quickly out of the way. (2) Moves on the outside also to get possession of the ball. (2) Can try again to hit (4) or, as in this example, pass the ball to (1) for (1) to try, passing to (5) as a consequence of trying to hit (4).
4. The area can be as big or small as you like, smaller means the player in the middle has less time to get out of the way so has to be quicker. Maybe starts up to 10 by 10 yards then reduce it to 5 by 5 yards as they get better at it.
5. Encourage players to pass quickly and accurately making it hard work for the middle player. Rotate the players.

An Introduction to Improving Touch On the Ball / Ball Familiarity

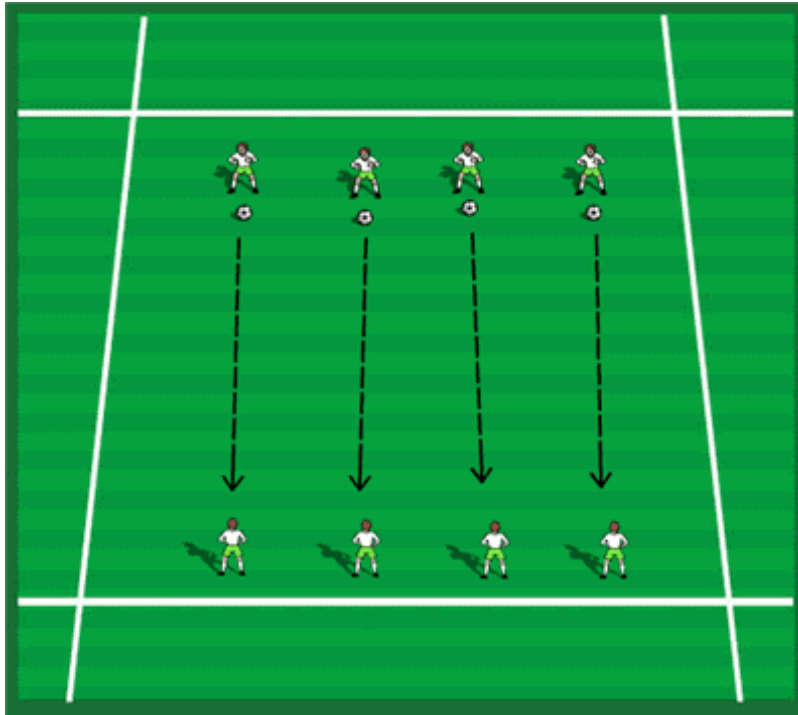


Using different techniques to control the ball:

1. Simple juggling of the ball to improve foot control, how many times can they keep it up with BOTH feet? Make it a competition between the players.
2. Using the inside and the outside of the feet and moving side to side. Move the ball with the inside of the foot then the outside to bring it back but with the same foot. Use a cutting motion.
3. Inside and outside of the foot, roll the ball to the outside (on top of the ball contact), cut it back with the inside and roll the ball to the inside and cut it back with the outside of the foot.

Moving a yard or so either side, back and forth maintaining control of the ball, this is great for acquiring a good touch on the ball and improving co-ordination.

Remind them to keep their head up not just looking at the ball all the time, even ask them to look around the area when they are doing this or the coach can hold up so many fingers and they have to call the number out as they work.



Simple passing in two's back and forth, first two touches, then one touch where possible. Coach can dictate the distance between them.

Ask the players to look into “each other’s eyes” as they pass and NOT at the ball to see if they can keep possession between them.

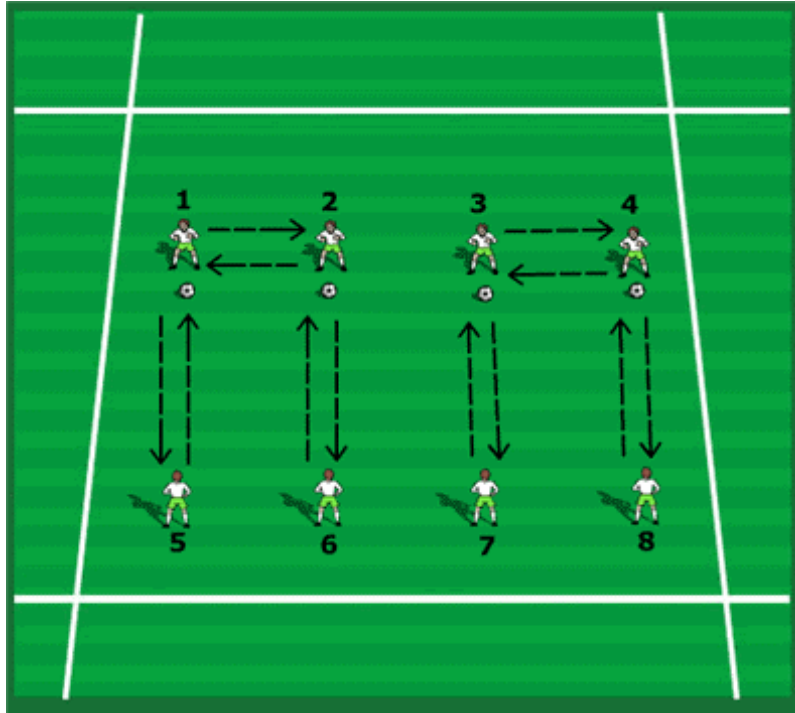
This will be difficult at first but it helps to teach them to look up and not down at the ball during games and hence helping their “Awareness” development as players.

They should be able to see their ball in the “peripheral vision”.

Using both feet to pass the ball.

Competitive: Count how many passes they can get in between them during a given time.

Controlling Techniques in Two's



Working in pairs, once the task has been performed have the end players switch with each other, (1) and (2) switch for example.

Servers stay in the same position and do 10 each then change.

Techniques to practice can be:

1. Throw to feet to control in one touch and pass back (right and left)
2. Throw to chest to chest down and pass back one touch on the half volley
3. Throw to thigh to control and pass back one touch on the half volley
4. Throw to head to head straight back (defensive or attacking headers)
5. Throw to head to cushion down and pass back on the half volley one touch
6. Throw to both feet alternatively so they have to control and pass with both feet.
7. Throw and control with various parts of the body and volley the ball back.
8. Combinations, chest, thigh, then pass one touch on the half volley.
9. Throw to the ground, one bounce to the player who half volleys it back on the next bounce into their teammates hands, softly and under control.

Use your imagination to practice other techniques, vary the distances between the players and so on.