



Kickers FC Speed Training

Category: Physical: Speed

Difficulty: Moderate

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Description

Practice Organization

- Each team executes for 1 minute at each stage
- After the execution each group is transferred to the next stage
- It is a matter of significance for the players to combine their coordination with speed stimulus (stimulation of fast twitch muscle cells)
- A Reasonable load - Rest rate is 1:1 ex. (whole execution time 1 minute, rest time 1 minute)
- 2 Rounds are suggested

Key Coaching Points

- Pre-activation
- Readiness
- Low ground contact time after the pass of the coordination segment
- Deceleration till the mannequin
- Applied movements (bosu inners side skips, side skips (Hurdles), mini skips and side step at the flat markers)

Progressions

- Addition of small goal (shooting-passing qualities)
- External loads (convert into speed and strength training)

Screen 1 (15 mins)

- Each subgroup executes 1 minute at each stage.
- We expect the players to increase their running speed as the time goes by.
- If we expect a specific speed, we would like to observe speeds at the range of 75%-80% of players max speed.
- We need to underline that this training stimulus is not a maximal sprint capacity exercise.

