



Kickers FC Speed Training 3

Category: Physical: Speed

Difficulty: Moderate

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Screen 1 (10 mins)

Organization

Distance 10 yards. Players sprint to the body of the L and back pedal around L to receive a pass on the ground and return the pass back to server. Player then takes rotates to server's spot. Server runs to opposite side and work on opposite foot.

Time

8 min continuous

Each player will work 5 - 8 secs at MAXIMUM power

