

SPEED DRILLS

A series of drills done after a dynamic warm-up to improve technique and team speed by improving ground contact forces.

Fast Leg Series

1. Fast Leg Right with Slow Skip

While skipping slowly, player will "snap" his right knee to waist height...player will "split" his arms quickly...player will have his right foot "over" (high as) opposite knee...player will "stick his foot into the ground"...Repeat every second skip as right leg comes up...cover fifteen yards with this drill.

2. Fast Leg Left with Slow Skip

Same technique with left leg

3. Alternate Fast Leg with Slow Skip

Same technique with player ALTERNATING between right and left legs on every SECOND skip. Increase distance of drill to twenty yards.

4. Alternate Fast Leg with Slow Jog

Same technique with player ALTERNATING between right and left legs on every SECOND step. Increase distance of drill to twenty yards. Player completes within the ten yard distance...to do so player must make circle smaller...foot over opposite shin and move legs faster...twenty circles within ten yards is possible...suggest doing no more than four reps of this drill in any

training session.

5. Alternate Fast Leg with Run

Same technique with player alternating between right and left leg on every second stride...run faster than a jog. Distance of drill is twenty yards.

6. Super Fast Drill – Right and Left

Using a scissors bound..players will use same technique as Fast Leg Drill...Player will “snap – split –stick” (foot “over” opposite ankle) ten repetitions within five yards...Jog five yards...repeat with opposite foot...drill distance is fifteen yards.

NOTE: Another version of drill is to have player “snap – split – stick” through an agility ladder...down the ladder with the right foot...back to the start with the left foot.

CIRCLE DRILL

Right Leg Circles while scissor bounding player will bring right heel up to butt...snap right foot over the opposite left knee...stick the right foot quickly into the ground (touching) the ball of the foot only) and repeat...player will attempt to complete ten circles within ten yards...jog five yards and repeat above technique with left leg...drill distance is twenty five yards.

NOTE: Increase the number of reps a player completes within the ten yard distance...to do so player must make circle smaller...foot over opposite shin and move legs faster...twenty circles within ten yards is possible...suggest doing no more than four reps of this drill in any training session.

STARTS

A series of short yardage drills using various body positions to teach players to apply force into the ground with both feet.

1. Tall and Fall

Standing "Tall" with feet hip width apart and arms at sides...on command "Air" player will raise heels **SLIGHTLY** to be on balls of **BOTH FEET**...on command "Fall" player will flex ankles and start to "Fall" (lean) forward...player drives forward for five yards...coaching points: Head, chest, and shoulders remain upright... Do not let player "Dip" upper body on the start or drop head...arm stroke must be "Violent" and Fast...

2. Stagger Stance Tall and Fall

Same as above but with feet in a stagger stance...feet hip width apart...back foot toe across from front foot heel...air under both heels to be on balls of feet...

3. One Leg Knee Punch

Standing on one foot with other leg high and behind athlete...Air Under Heel... flex ankle to "Fall" forward...punch knee forward...drive with "Violent Arms" for five yards...alternate feet so players learns to "drive" off both feet.

4. Three Point Knee Punch

From a speed stance...athlete lifts one leg high and behind...on command. Athlete drives high knee forward and pushes off ground contact foot with "Violent Arms" for five yards... alternate feet. Coaching Point...Also, work on athlete keeping head down to avoid "popping up" on the start.

5. Left – Right – Left Out Right – Left –Right Out

Kneel on both knees with arms at sides...on whistle punch left knee up and out and put foot flat on the ground with "Violent" Arm split...recover on command...second whistle punch right knee up and out and put foot flat on the ground with "Violent" Arm split...Recover on command...third whistle back to left knee...do not recover...fourth whistle player will drive off left foot with "Violent" Arm action for five yards...

Coaching Points... Do Not let players swing leg sideways...keep chest high and head neutral when driving off knee.