

Repeated Sprints with Passive Recovery:

Speed / Shooting Competition:

- set up 2 stations as shown in diagram
- players divided into 4 teams of 4 players each, with 2 teams at each station, and 1 goalkeeper at each station
- coach has balls at his feet
- on the coach's command, 1 player from each team sprints diagonally, through the first gate, then forwards, through the second gate
- the first player to get through the second gate receives a pass from the coach and must finish in 2 touches or less

Progression 1:

- same set up as in first exercise, but the players must sprint laterally (cross-over step) through the gates, and finish with 1 touch
- do each progression for 5 minutes (each player should perform about 6-8 repetitions in 5 minutes)

