



SPEED

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LET'S GET STARTED

CAN YOU BECOME FASTER?

Some athletes are gifted with a skeletal system that favours running at speed more than others, genetics pre-determines the ratio of fast to slow twitch muscle fibres in your muscle fibre composition (fast-twitch fibres required for speed).

Although your improvements in speed are limited by nature and your genetic makeup, everyone can become faster than they currently are by implementing an effective speed programme into their training schedules. Speed training can increase the size of your fast twitch muscle fibres and leads to a more coordinated recruitment of these fibres, helping to produce greater speed.

WHATS IMPORTANT FOR FOOTBALLERS?

Acceleration, deceleration and change of direction at speed are far more important than top speed in football, to be effective on the pitch you need to be able to reach your top speed in under 30m. You also need balance, core stability, eccentric strength and a sound running technique (specific to how a footballer should run). In this programme, you'll see that many of our exercises don't include ball work. This is because training fast movements with a ball at your feet actually slows the movements too much and is therefore detrimental in producing the overload required to increase speed.

When we talk about speed in football, we are specifically referring to:

- Speed of recognition
- Reaction time
- Your ability to anticipate and read the game (which comes with experience)

...as well as the actual speed of your movements. Being a fast runner is not going to be enough in a match if you're slow in your reactions and lack game-reading ability.

The different types of movements which require speed (and that you will train in this programme) are:

1. Linear speed
2. Fast footwork
3. Lateral movement
4. Weaving

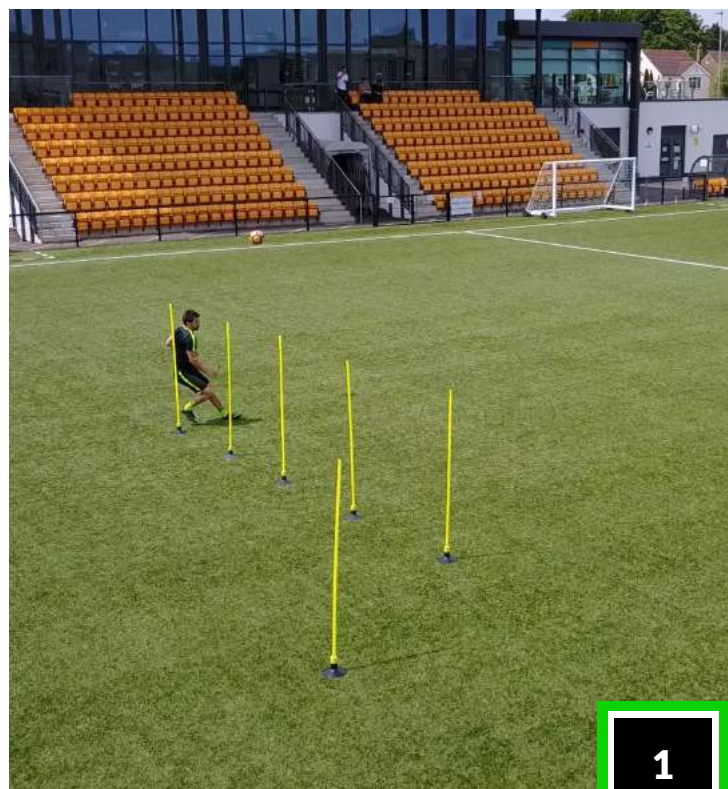
5. Reactive & change of direction agility
6. Deceleration & acceleration over short distances

When training for speed, it's important that you allow for periods of recovery in order for adaptations to occur. You should be aiming to perform each sprint at 100% intensity. Improving the quality of each sprint is what's important to increase speed, not just performing as many sprints as possible in a given time. Hydration is also key and will aid in:

- Joint lubrication
- Nutrient delivery
- Nerve message speed

BEFORE YOU START

To increase speed, the main focus is really on conditioning your nervous system to fire impulses to your muscles at greater speed. By doing this, your rate of contraction will be increased, meaning that although you will possess similar levels of strength, you will be able to apply that force to the ground in less time, making you a faster, more explosive player! This will be achieved through both the gym and pitch-based sessions included in this programme.



HOW THE PROGRAMME

WORKS

The gym sessions include plyometric, ballistic and speed strength exercises (power). All of the gym workouts include equipment which you will find in most standard gyms, they should take you no longer than 40 minutes to complete.

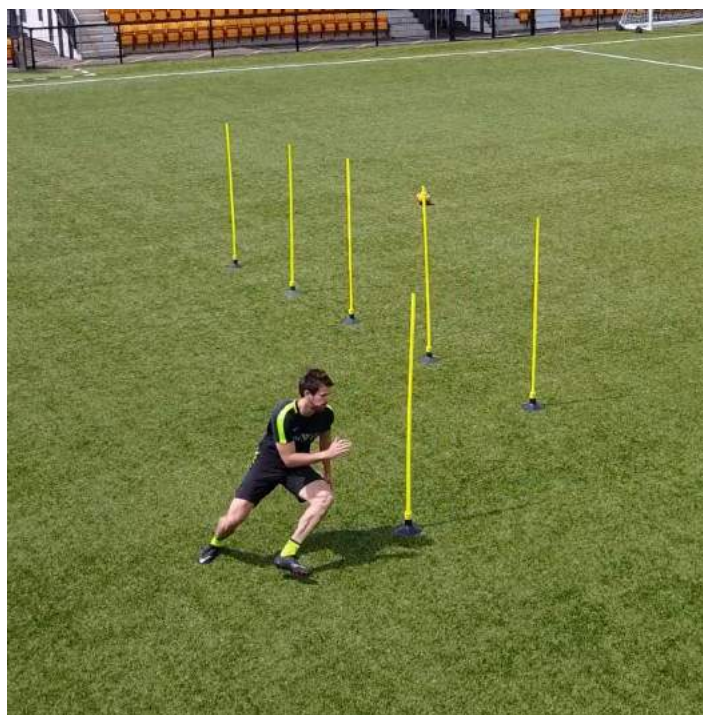
The pitch sessions are made up of a speed specific warmup, plyometric exercises and then the sprints, followed by a cool down. There are 4 different sprint variations to complete during each session, and it will take roughly 1 hour to complete a pitch-based session from start to finish.

As this programme is designed to be done in-season, the workouts will need to be scheduled around your team sessions and matches. You can follow the guideline we have included of 3 training days per week for four weeks, however if you're feeling sore or have a busy team schedule and can only fit in one or two training days per week that is absolutely fine. You can still see progressions in your speed just from one training day per week, spread over a greater number of weeks. Try and stick to our schedule if possible, but do not stress if you have to make adjustments. Remember that being fresh to perform at your best in team training and matches is always the priority.

When training for speed we are not aiming to build up muscular fatigue, it's about quality and maximal intent in everything you do rather than doing as many reps as possible until you can't do any more. However, if you have not done a lot of plyometric/ballistic exercises before, you may initially feel some muscle soreness for a day or two. You should wait until this soreness goes before continuing as it will affect your ability to perform the actions maximally.

As this is a 4-week booster programme for speed during the season, you should not do any other type of strength training alongside this programme. All you will need to do over the 4 weeks is your team training sessions and this speed programme. If you have the time available, you could also do our injury prevention programme alongside this. Making sure your nutrition is on point will also maximise your results and aid in recovery.

As mentioned, the quality of each rep is of utmost importance. You should aim to be fully recovered before each new sprint rep on the pitch and between sets of plyometrics and gym exercises. Stop and rest if you start to feel too fatigued. In this case less is more, the sole outcome of this programme is to become faster in a number of directions over 1 rep. Once you have achieved that, the focus is then on being able to maintain bursts of your new heightened level of speed repeatedly over 90+ minutes. This can be achieved with either our in-season or stamina programmes.



THE PROGRAMME

The programme is made up of two main elements: gym-based workouts and pitch-based sessions. In total there are three training days per week and four rest days. Pitch session one focuses on linear speed, pitch session two focuses on multi-directional speed and pitch session three focuses on deceleration. The rest time is vitally important to your speed

progress whilst using this programme.

Repeat this for four weeks, using the reps and set guidelines outlined later in the guide.

EXAMPLE WEEKLY SCHEDULE

DAY	1	2	3	4	5	6	7
SESSION	<i>GYM WORKOUT 1</i>	<i>REST</i>	<i>GYM WORKOUT 2</i>	<i>REST</i>	<i>GYM WORKOUT 3</i>	<i>REST</i>	<i>REST</i>
	<i>PITCH SESSION 1</i>		<i>PITCH SESSION 2</i>		<i>PITCH SESSION 3</i>		



GYM WORKOUTS

Please note: Reps are per leg for unilateral (single sided) exercises. Aim to perform each rep explosively but with control. However, perform the Nordics slow and controlled. If you want to increase the weight or resistance being used, do not lift more than your

bodyweight + 20-30% or 20-30% of your 1RM. In these gym workouts we are conditioning the nervous system and should NOT be working until fatigued, like in many other types of gym training.

GYM WORKOUT 1

SAME REPS & SETS APPLY TO EVERY EXERCISE

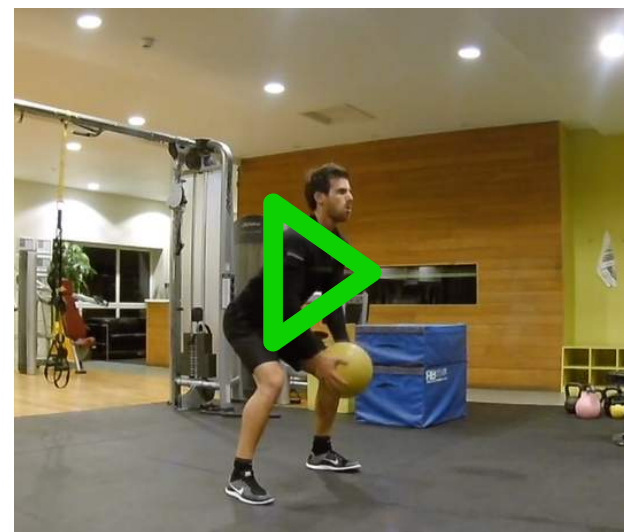
EXERCISE	WEEK	REPS	SETS	REST BETWEEN SETS
1. BENCH STEP UP HOPS	1	6	5	FULLY RECOVERED
2. TRX LEAN KNEE DRIVE	2	5	6	FULLY RECOVERED
3. ARM SPRINTS (10 SECS BURST = 1 SET)				
4. REVERSE LUNGE HIGH STEP	3	4	7	FULLY RECOVERED
5. CALF RAISES	4	3	8	FULLY RECOVERED
6. BOX SQUATS				



GYM WORKOUT 2

SAME REPS & SETS APPLY TO EVERY EXERCISE

EXERCISE	WEEK	REPS	SETS	REST BETWEEN SETS
1. BOX JUMPS	1	6	5	FULLY RECOVERED
2. TRX MOUNTAIN CLIMBERS (15 SECS = 1 SET)	2	5	6	FULLY RECOVERED
3. MED BALL VERTICAL JUMPS				
4. MED BALL DIAGONAL JUMPS	3	4	7	FULLY RECOVERED
5. SPLIT SQUATS	4	3	8	FULLY RECOVERED
6. DEADLIFTS				



GYM WORKOUT 3

SAME REPS & SETS APPLY TO EVERY EXERCISE

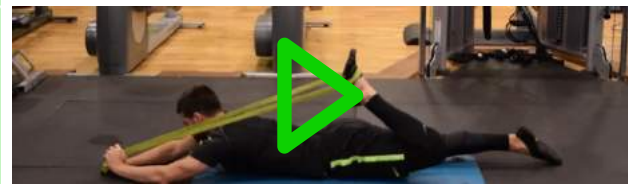
EXERCISE	WEEK	REPS	SETS	REST BETWEEN SETS
1. DEPTH JUMPS	1	6	5	FULLY RECOVERED
2. RESISTANCE BAND KICK BACK	2	5	6	FULLY RECOVERED
3. NORDICS				
4. FORWARD LUNGE	3	4	7	FULLY RECOVERED
5. BARBELL GLUTE RAISE	4	3	8	FULLY RECOVERED
6. DEAD TREADMILL (1X15 SECS EFFORT = 1 SET, IGNORE REPS)				



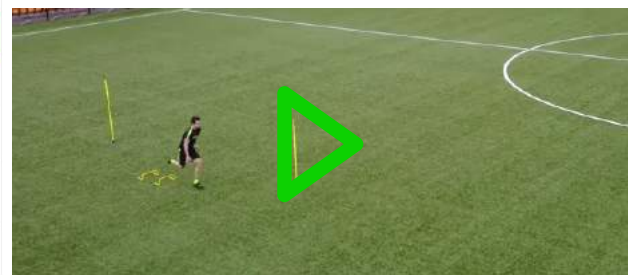
PITCH SESSIONS

Each pitch session is made up of: Warm up + Plyometrics + 4 Sprint Variations + Cool Down

WARMUP & COOL DOWN	
DO THIS BEFORE & AFTER EVERY PITCH SESSION	
WARMUP	FULL DYNAMIC WARMUP
	PRIMING EXERCISES (5 REPS/RUNS, 1 SET OF EACH)
COOL DOWN	END EACH PITCH SESSION WITH A LIGHT TWO TO THREE-MINUTE MULTI-DIRECTIONAL JOG FOLLOWED BY A SERIES OF STATIC STRETCHES. IF YOU HAVE A BAND, YOU CAN FOLLOW THE BAND STRETCHING ROUTINE SHOWN HERE →



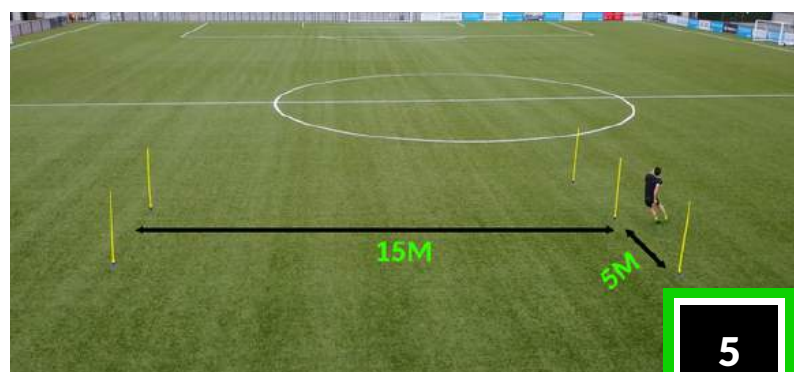
PITCH SESSION 1					
PLYOMETRICS	EXERCISE	WEEK	REPS	SETS	REST BETWEEN SETS
	BROAD JUMPS (1 JUMP = 1 REP)	1	6	5	FULLY RECOVERED
	BOUNDING	2	5	6	FULLY RECOVERED
		3	4	7	FULLY RECOVERED
RUNNING STYLE JUMPS	4	3	8	FULLY RECOVERED	
SPRINTS	INSTRUCTIONS	WEEK	REPS	SETS	REST BETWEEN SETS
	YOU'LL NEED: 5 MARKERS + 2 MINI HURDLES + 1 BALL	1	1	8	FULLY RECOVERED
		2	1	6	FULLY RECOVERED
	FOR SPRINT 3 AND 4, CLOSE YOUR EYES, THROW THE BALL AND START AS SOON AS YOU HEAR THE BALL LAND.	3	1	5	FULLY RECOVERED
4		1	3	FULLY RECOVERED	



SPRINT 1



SPRINT 2



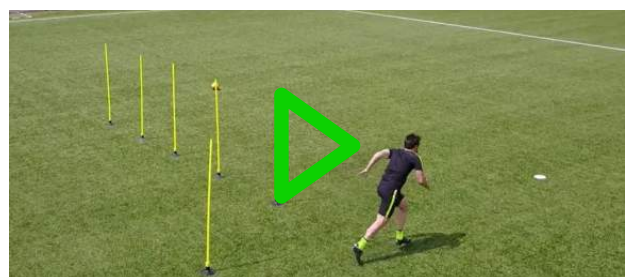
SPRINT 3



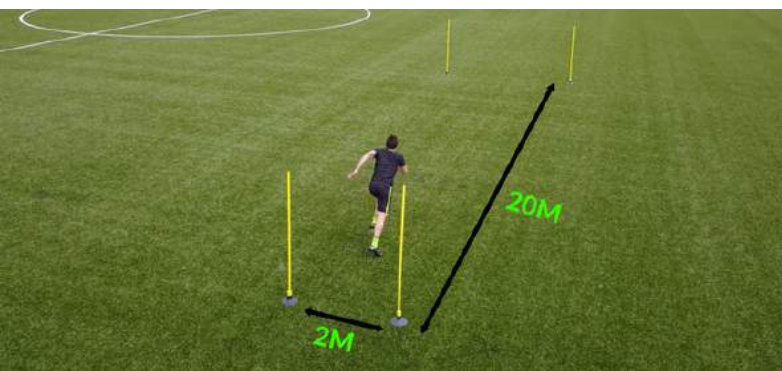
SPRINT 4



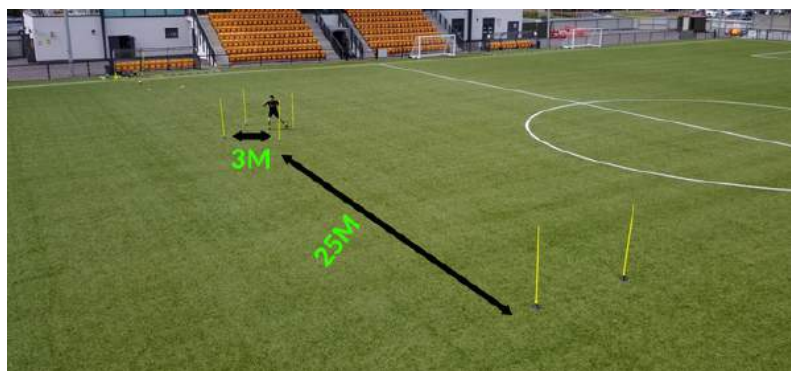
PITCH SESSION 2					
	EXERCISE	WEEK	REPS	SETS	REST BETWEEN SETS
PLYOMETRICS	SINGLE LEG HEADER LEAPS	1	6	5	FULLY RECOVERED
	KNEE TUCK JUMPS	2	5	6	FULLY RECOVERED
	COUNTER MOVEMENT JUMPS	3	4	7	FULLY RECOVERED
		4	3	8	FULLY RECOVERED
	INSTRUCTIONS	WEEK	REPS	SETS	REST BETWEEN SETS
SPRINTS	YOU'LL NEED: 9 MARKERS + 1 BALL	1	1	8	FULLY RECOVERED
		2	1	6	FULLY RECOVERED
	FOR SPRINT 3, CLOSE YOUR EYES, THROW THE BALL AND START AS SOON AS YOU HEAR THE BALL LAND.	3	1	5	FULLY RECOVERED
		4	1	3	FULLY RECOVERED



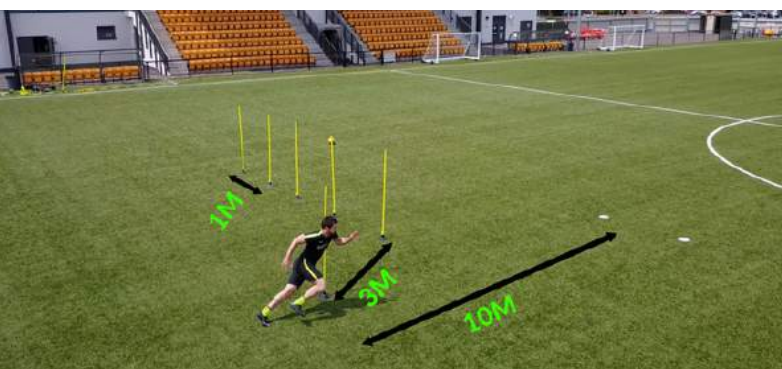
SPRINT 1



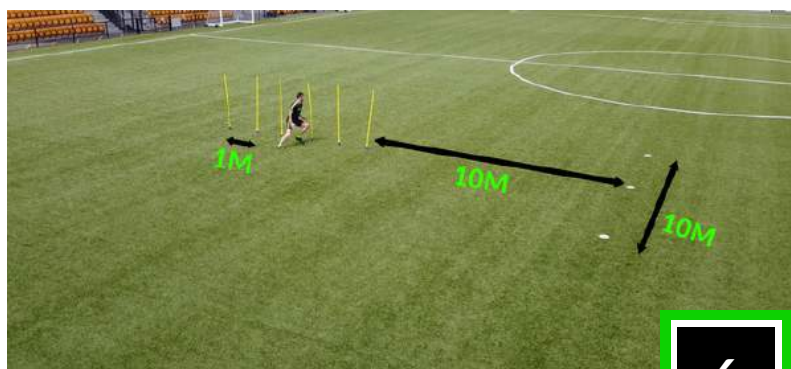
SPRINT 2



SPRINT 3



SPRINT 4

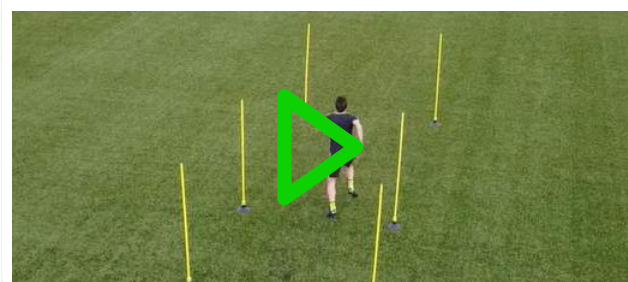


PITCH SESSION 3

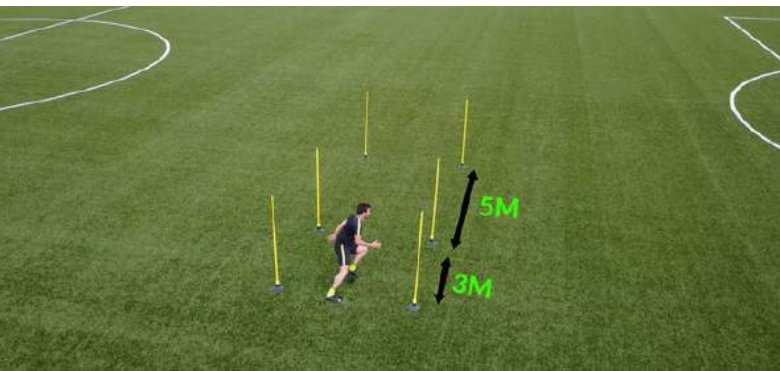
	EXERCISE	WEEK	REPS	SETS	REST BETWEEN SETS
PLYOMETRICS	DORSI-FLEXED JUMPS	1	6	5	FULLY RECOVERED
	KNEE DRIVES	2	5	6	FULLY RECOVERED
		3	4	7	FULLY RECOVERED
	SIDE TO SIDE HOPS	4	3	8	FULLY RECOVERED



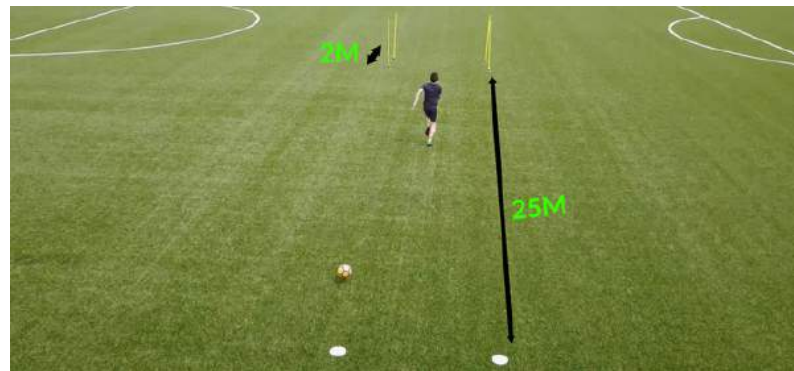
	INSTRUCTIONS	WEEK	REPS	SETS	REST BETWEEN SETS
SPRINTS	YOU'LL NEED: 6 MARKERS + 3 MINI HURDLES + 1 BALL	1	1	8	FULLY RECOVERED
		2	1	6	FULLY RECOVERED
	FOR SPRINT 2, CLOSE YOUR EYES, THROW THE BALL AND START AS SOON AS YOU HEAR THE BALL LAND.	3	1	5	FULLY RECOVERED
		4	1	3	FULLY RECOVERED



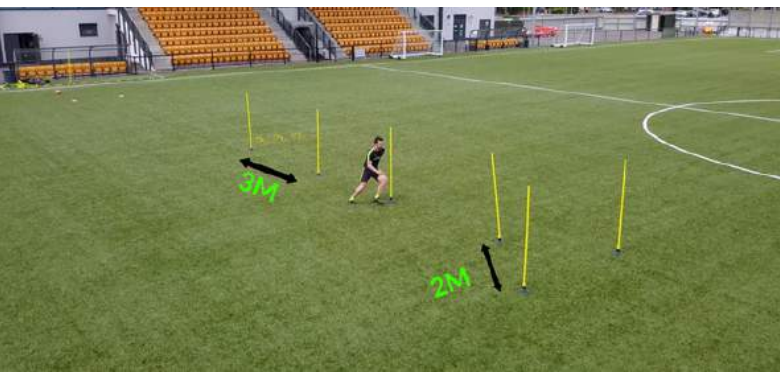
SPRINT 1



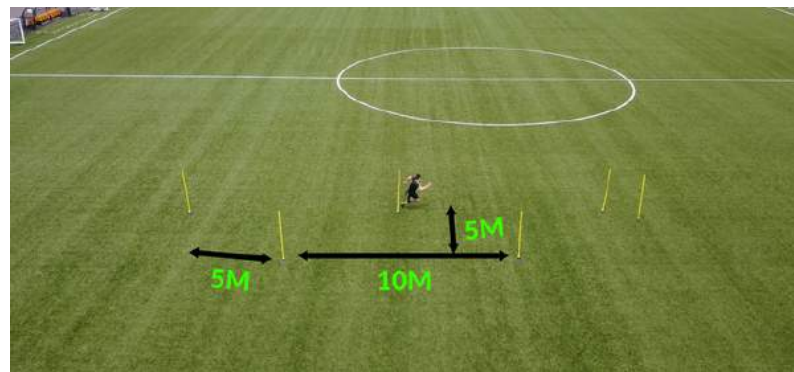
SPRINT 2



SPRINT 3



SPRINT 4



COACHING VIDEOS

**LADDER & HURDLE
MECHANICS**



**PERFECT SPRINTING
TECHNIQUE**



PRO SPRINTING ANALYSIS



FAST TURNING TECHNIQUE



**FAST STOPPING
TECHNIQUE**



A person in a black athletic outfit is running on a green artificial turf soccer field. In the background, there are several rows of yellow stadium seats and a modern building with large glass windows. The scene is captured from a high angle, looking down at the field.

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