



Do You Really Want to Build Faster Players?

Follow My Top Ten Rules for Soccer Speed Training!

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1. First and foremost know that **Speed Can Be Learned!** Speed is the proper technique done very quickly. All we do when we are making players faster is teach them the proper mechanics (technique) that has them run and move faster, this is **Physical Speed**.

In soccer specific speed training we do all this in relation to the demands and specific situations of the actual game. We work on **Technical Speed** – movement with and without the ball, **Mental Speed** - the ability to recognize and capitalize on opportunities and **Creative Speed** – the ability to create opportunities with your Confidence, Personality & Flare in a split second.

Soccer is an exciting game filled with speed & agility. When you break down the critical moments of those games you win and we lose, you will see that speed was a critical factor. Whether its physical speed, speed of recognition or speed of execution, it comes back to Speed, Agility & Quickness training.

2. **Always warm-up** for each speed training session thoroughly with a combination of dynamic warm-up activities, stretching and short games to wake up the muscles, the nervous system and the mind.
3. **Do your Speed Training at the beginning** of your sessions while the players are fresh and able to put out maximum effort. Have a rest day in between sessions or following an easy work day. Do not try and speed train your players when they are in a fatigued state this could lead to injury.
4. **Technique First, Speed Second!** Focus on building proper technique with and without the ball, anything else is wasted energy, time and effort. Your younger players will want to go as fast as possible which in most cases is way out of control and poor technique. **Slow'em Down to Speed'em Up!**
5. **Build for 'Optimum Speed'** – that is, the speed at which each individual player can move their fastest and still maintain control of their body as it relates to the playing environment. Soccer is a fast paced game which requires that each player be the fastest they can be. Optimum Speed is found over time with much repetition and experimentation of the coach and the individual athlete.
6. **To Accelerate – Extend.** To speed up you must fully extend these primary joints; hip – knee – ankle. Extend them in order to get the maximum output from your muscles and give distance to your stride.

To Decelerate – Bend. To slow down you want to bend at the hip, knee and ankle to lower your center of gravity and push your toes into the ground slightly, this will cause a controlled braking action.

Reminder: You get what you train for... train for Speed and train like a Champion!

7. **Acceleration is King!** Acceleration drills are an absolute must if you expect to get real success out of your training. When choosing the speed drills and activities make sure your foundational focus is increasing your athletes ability to out accelerate there opponents.

When you break down where speed is most effective at impacting the outcome of a game it happens when one player beats the other to get to the ball, get's to the space first, out anticipates or out executes the opponent.

Lets look at what out accelerating your opponent makes possible: **Physical Speed** – first to the ball / space, **Mental/Creative Speed** – out anticipates, **Technical/Tactical Speed** – out executes the opponent. Don't you desire to out execute your opponents? Of course you do. Acceleration is King!

8. **Stride Length Control is Key!** In soccer, more than any other sport, the ability to control stride length with speed and power in accordance to the challenge in front of you is the biggest determiner of a player's confidence and success.

The reasons why are obvious – soccer is a ground based sport where the athletes use their lower body to control and manipulate the ball. You are running with the ball which requires an unlimited number of stride angle adjustments, you use your lower body to defend the space around the ball and, you are constantly sprinting and moving in multiple directions without the ball.

The more Stride Control and Balance you have the more Controlled Speed you can carry.

9. **Get a Speed Ladder!** This is the most versatile speed training tool you will ever use for soccer players! I am adamant about this. We just talked about stride length control at multiple angles, well guess what the speed ladder was mainly designed for? Lower Body Agility – Balance – Coordination – & Speed at multiple angles.

I've had players come back to me and tell me after doing the speed ladder and stride their touch actually got much better! Anyone want their soccer athletes to be faster AND have a better touch on the ball? Get you a speed ladder today.

10. **Vern Gambetta** is a guru when it comes to developing athletes around the world wrote:

Never lose Site of the "Moment of Truth." When you least expect it and are most fatigued, SPEED will be the deciding factor!

I think this says it all. You are really training your athletes to be the types of players who can and will take advantage of the "Moment of Truth."

Lets face it, the slower your players are, the less skilled they are the more moments of truth there will be for the other team! Ha! I hope you remember this the next time you get beat because you'll know how important it is to equip your kids with speed.

But even more, I really encourage you take this new knowledge, get the soccer specific training resources and build players into soccer speed machines! Give them what they need, build their confidence and **celebrate "The Moment of Truth"** as you walk away winners.

Note!

Get more Free soccer speed drills and great training info on our newsletter at:

www.SpeedTrainersUSA.com

Good luck this season and remember: "SPEED WINS!"

