

# **LWYSA**

## **Training Program**

### **Book 5**

#### **Age Appropriate Training Guide**



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# **WELCOME TO THE LAKE WASHINGTON YOUTH SOCCER ASSOCIATION FAMILY OF PROGRAMS**

In 1967, a group of individuals got together and formed an Association for our youth, centered around the game of soccer, which has endured and developed the following organizational philosophy.

## **VISION**

To be recognized by our membership and soccer community as a world-class provider of youth soccer services.

## **MISSION**

To promote the game of soccer and to provide opportunities for all youth under the age of nineteen who register with us, to play affiliated soccer at a level commensurate with ability and interest. We will emphasize the development of self-esteem, good sportsmanship, fitness, achievement, teamwork and skill through the playing of the game; and provide educational opportunities to further develop all players, coaches, referees and administrators.

The Vision and Mission statements above are our creed. Following in this thought, the Association takes great pride in its approach of teaching life's lessons to our youth. This environment is intended to create an enjoyable soccer experience as well as develop young athletes.

Many individuals have contributed to the success of the Association Programs over the years. To all those individuals, the Association is truly grateful for the contributions and sacrifices they made in behalf of our youth.

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# Age Appropriate Practices for L.W.Y.S.A

## Introducing Quickness to the Practice

Quickness of movement, decision-making and awareness linked with speed, power and cleanness of technique are the keys to success in soccer.

When coaching younger players coaches do appear to grasp the importance of the clean techniques and work their players hard in order to polish those techniques up.

However I have noticed that the repetitive drills used to polish the techniques do little to improve the players' overall quickness because the demands of the drill are too limited.

The technical polish acquired through repetitive training ground drills appears to quickly disappear when exposed to the type of defensive pressure applied by opponents during a tightly competitive game and that makes me wonder about the benefits of continuing those drill practices.

Of course we must continue to work on polishing the players technical skills but these skills must be honed in practices that are as realistic as possible.

This means finding a way to practice the techniques while playing competitive games or drills that mirror the true demands of the game.

Coaches know that during practice players find it almost impossible to produce the same adrenaline boost that comes so easily to them when they play a real game, however practice games do set better competitive atmospheres than drills do and coaches can still get their coaching points across.

Conditioning normal scrimmages so that the techniques being practiced play a major part in that game does this.

Let me give you some examples.

If I want expose my players to a series of awareness, quick decision-making and passing or shooting situations I condition the game to one touch per player.

The awareness comes from the understanding that when receiving the ball a player must make a first touch play and must therefore be aware of the play options at all times.

The one touch play rule also forces the player to decide quickly on the play and how to execute that play which is limited to a pass or a shot.

If I want to work on my players first touch control I condition the game to two touches per player who must touch it twice which forces them to work on control and passing.

When working on quick feet I would condition the game so that the players had to touch the ball three times every time they received it so they would be forced to work on a control move, a maneuver and a pass.

This type of training allows the game to coach the players who can work on improving their quickness of movement, decision making and tactical awareness as well as polishing their techniques while still enjoying the competitive atmosphere of the game.

Using the game as the corner stone of our training program is essential to giving the players the practice atmosphere needed to make them the best soccer players that natural law will allow them to be.

However we must have a plan that encourages them to work towards their peak through age appropriate training methods.

Between the ages of U'11 and U'13 we must work on quickness in their touch, timing and tactical awareness while also attempting to bolster their enthusiasm for the game. This type of coaching should continue until they leave our program.

### **Introducing Tactical Awareness in Positional & Team Play**

When players move into the U'14 to U'16 age group tactical awareness involving group and team positioning must be added.

Introducing "positional" games, "offense versus defense" functional games and drills to the practice should do this.

The positional games would put players in a defensive, midfield or offensive position where they would have to vie with an immediate opponent.

These games are designed to get the players used to competing in the areas of the field they would be expected to compete in during a normal game.

The functional drill or game would allow the coach to work tactically with player groups like the back four defenders, the midfield attackers, the midfield defenders, the strikers or to spend time working with a midfield playmaker or play switching or overlapping runs from midfield to forward positions etc.

This would mean that the training program would consist of 60% quickness training and 40% positional awareness training.

Once again the practice has taken on special sessions that must continue throughout the length of the program.

### **Introducing Power and Speed to the Practice**

At the U'17 to U'19 age group the coaching sessions need to acquire some power runs to enable the players to become as fit and strong as possible.

Speed and power are the icing on the cake for the budding soccer player and these last years of youth soccer is the time when the boys become men and the girls become women.

This is a wonderful time for the soccer players and their coaches because they are now preparing to impress the college coaches who will be out in force to offer full or partial scholarships to the better players.

The ratio of quickness training to positional awareness training to power and fitness training should be some thing like this.

Quickness training should take up 50% of the practice, positional awareness 30% and speed and power training 20%.

### **Summing up**

Some coaches might question why the program cannot be split in this way right from the start but I have tried to design this program to mirror the general technical, tactical and physical growth of all of the players.

With that in mind I have put the main accent on quickness of feet and tactical awareness throughout the program and introduced the positional awareness and speed, power and fitness training at a time when I feel the players would be ready to embrace their introduction.

I have always believed that players respond better to certain methods of coaching when they are ready to be challenged by their introduction and by and large the type of program we are offering to them will meet with their approval.

## **U'11 to U'13**

### **Games to promote quickness**

The U'11 to u'13 age group need their coaches to concentrate on teaching them how to improve their quickness in the specific areas of movement, technique and decision-making.

In the area of movement the players should be able to stop and start quickly, turn quickly with and without the ball and move diagonally from left to right quickly.

In the technical department the players need to work on raising the overall standards of their techniques so that they can execute their chosen plays accurately and quickly.

In the decision making department the players can speed up their game by surveying the scene and their available options before the ball arrives.

If the coaches of these players concentrate their efforts on polishing up their natural abilities in these three areas then I do believe that these players will arm themselves with the basic tools required to lead them to the top.

A normal practice session for this age group would be something like this.

#### **Warm up**

- Jog and stretch

#### **Quickness work**

- Drill to warm up foot skills
- Defensive pressure games
- Games to quicken decision making
- Games to quicken foot speed
- Games to polish techniques

#### **Finishing work**

- Shooting on goal
- Drills and games to sharpen up the tactical awareness and finishing technique
- Crossing and finishing
- Drills and games to sharpen up the tactical awareness and the crossing and finishing technique

#### **Relay races**

- Team relay races with and without the ball
- One v one races with and without the ball timed by the coach





## Game 2

### Two teams compete

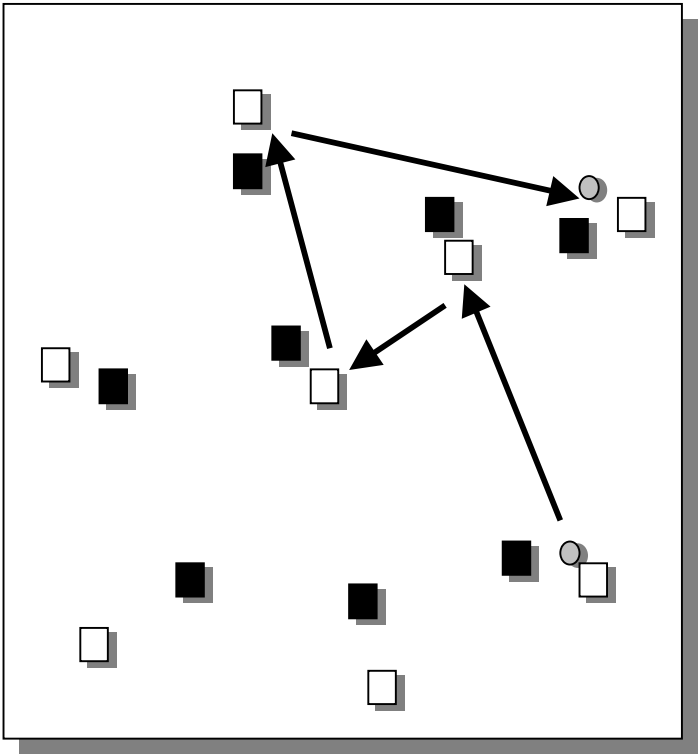
- Two equal teams made up from the same player numbers [6v6 Or 7v7+1]
- The field size should remain at 30 yards square

### Rules

- The ball changes possession when the defending team regain possession of it as in normal soccer rules
- Except that, should the defensive pressure force the ball out of bounds then the throw will go to them

### Coaching points

- First defender closes down the ball carrier
- Second defenders adopt a support position
- Third defender applies cover



## Game 3

### Man on man marking

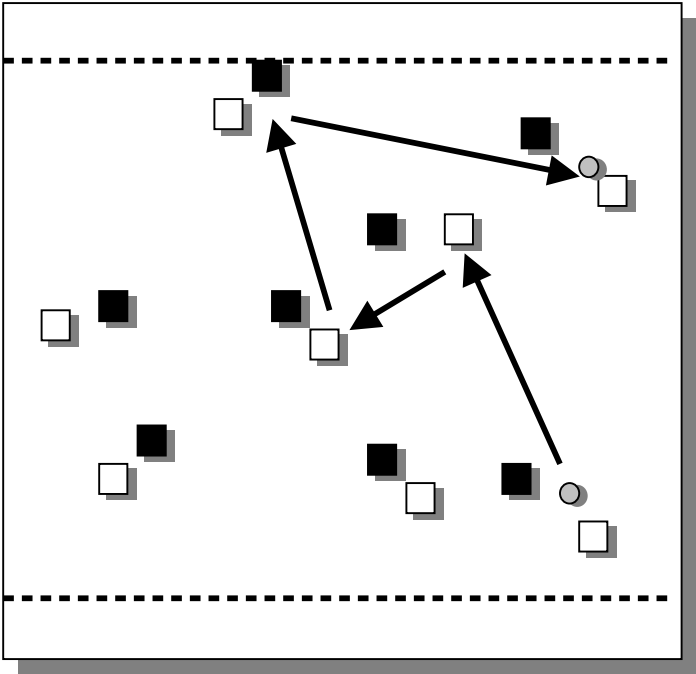
- Players on opposite teams pair up as marks
- The field is 50 yards long by 40 yards wide with 5 yard end zones marked at the long end of the field

### Rules

- The pairings are only allowed to tackle each other
- Should any player tackle a teammates mark the punishment is an automatic score for the opposing team
- A goal is scored by a player dribbling the ball into the opponents end zone

### Coaching points

- Defending players must be disciplined enough to stay with their mark at all times
- Defenders must be aware that a miss-timed tackle will free up their mark to score
- However a well-timed tackle will open up the opportunity to score on the opponents



## Game 4

### Man on man marking plus a sweeper

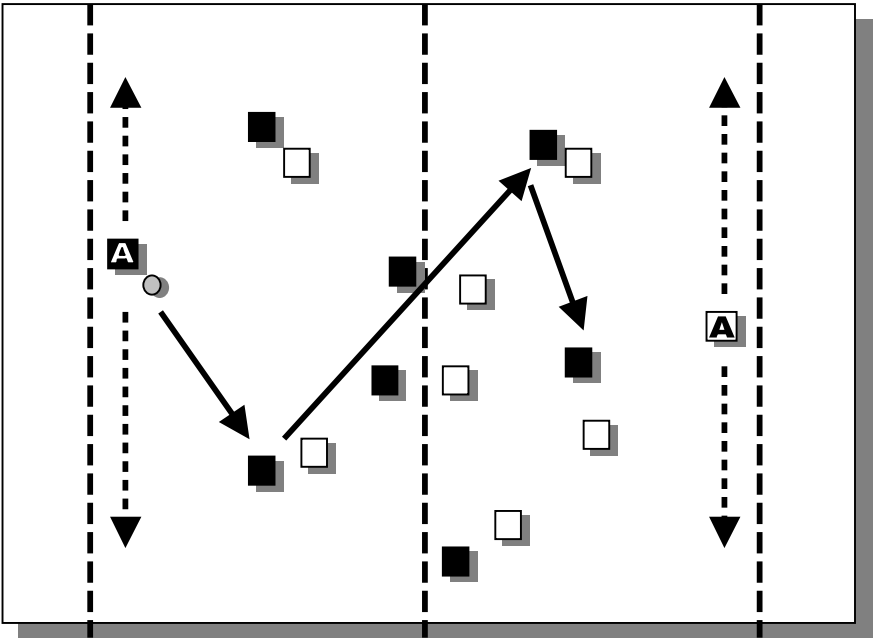
- Two equal teams
- The field should be approximately 50yards long by 40 yards wide with 5yard end zones at the long ends of the field
- One player on each team is given the role of sweeper
- All the other players are paired up against an opponent

### Rules

- The sweeper must stay in the teams defensive half of the field
- The sweeper can tackle any of his colleagues marks in that half of the field
- Other players can only tackle their own mark or concede a goal to their opponents
- A goal is scored by dribbling the ball into the opponents end zone

### Coaching points

- Discipline to stay with marking assignments
- The sweeper must be positioned to support the first defender
- As a free player the sweeper should be involved in the build up from the back



## **Coaching Points**

### **Aggression**

- The first defender must be encouraged to regain possession of the ball by closing down the opponent with the ball
- When the first defender does this the nearest teammates should close down the nearest support players to the ball carrier
- The other defensive players should take up marking and covering positions to ensure that the direct route to goal will be blocked by a numerical advantage of defenders

### **Discipline**

- Players need to practice the difficult task of marking players and staying with their mark whether the mark stands still or moves off
- Losing your mark is the number one way to unbalance your defense
- It takes a lot of personal discipline to do the things that you don't want to do and for too many players defending falls into that category

# Midfield Attacking Games

## Game 1

### One touch [No communication]

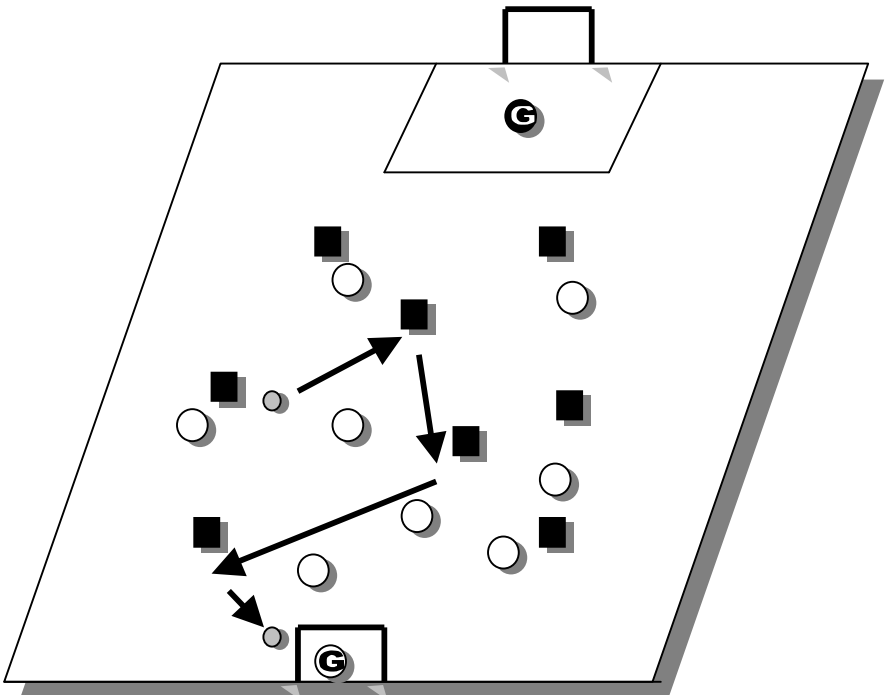
- Two equal teams
- The game can be either a possession game, a game to end lines or a game to goals

### Rules

- Players cannot communicate with each other
- Players have only one touch

### Coaching points

- This game develops the players first touch passing and shooting techniques
- It also encourages players to read the play and to intercept the pass
- As players cannot communicate and have only one touch they must look around for play options before the ball arrives
- Also, early support runs will make it easier for the passer to see options before the ball arrives
- The pace and accuracy of the pass must allow the receiver a one touch play





### Game 3

#### Two touch [Must touch the ball twice]

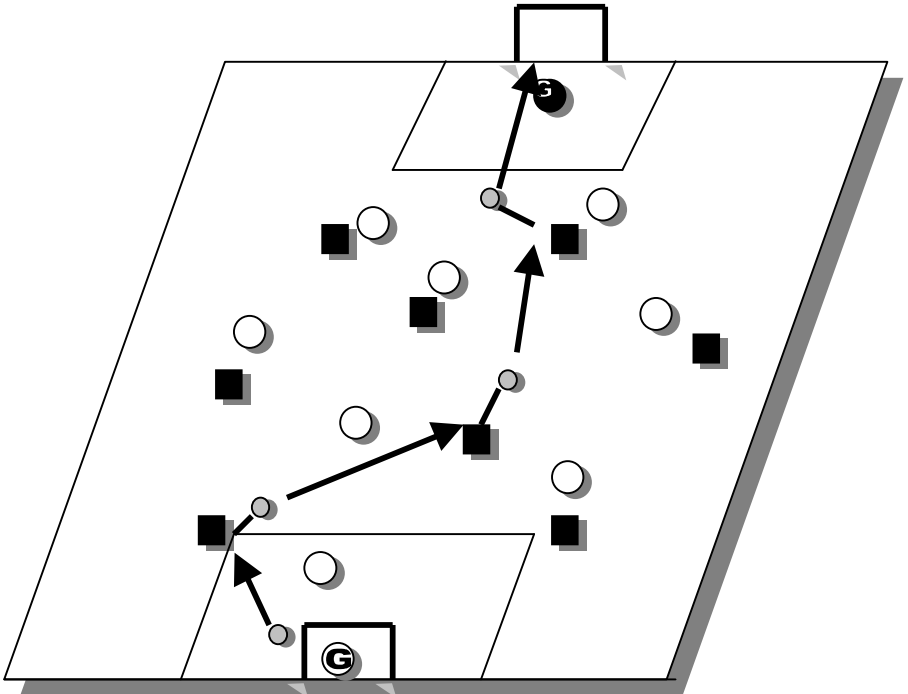
- Two equal teams
- The game can be either a possession game, a game to end lines or a game to goals

#### Rules

- Players must take two touches of the ball
- Players are allowed only the two touches

#### Coaching points

- Players must control and maneuver the ball into space with their first touch
- Players should be ready to pass or shoot with their second touch
- Players should throw head and shoulder fakes to unbalance defenders





## Game 4

### One or two touches

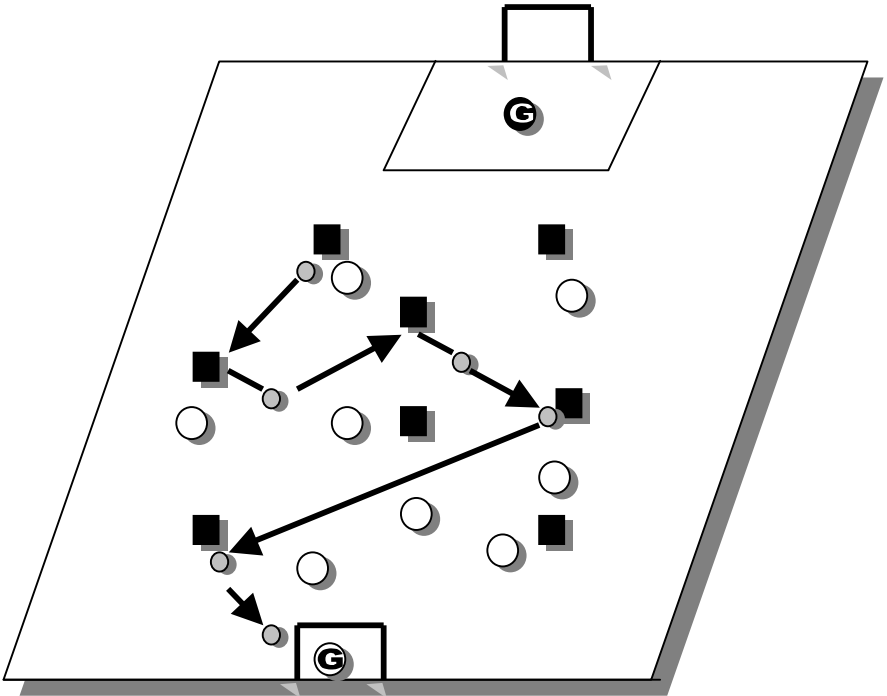
- Two equal teams
- The game can be either a possession game, a game to end lines or a game to goals

### Rules

- Players can take one or two touches of the ball
- Two touches is the most that a player can have

### Coaching points

- Players must decide whether to take one or two touches
- Players are working on their first touch plays and their control and maneuver plays





# Aggressive Dribbling Games

## Game 1

### Attacking and defending end zones

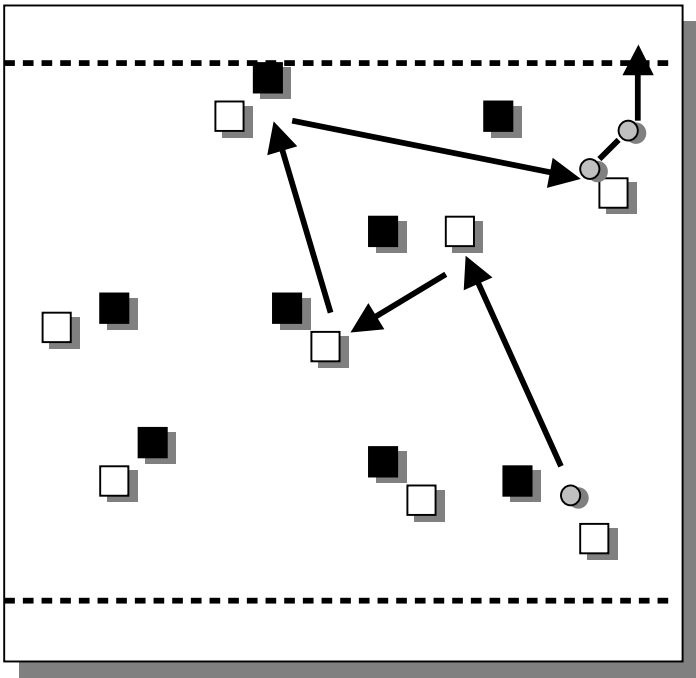
- Two teams of equal numbers without goalkeepers
- The field size should be 30 yards long by 40 yards wide
- The teams attack their opponents end zones

### Rules

- Normal soccer rules apply
- A goal is scored when a player dribbles the ball into the opponents end zone

### Coaching points

- Players should be encouraged to dribble quickly into penetration space
- When the attacking area is congested the point of attack should be switched to a less crowded area
- The dribbling player should also be encouraged to take on the nearest defender



## Game 2

### The ball cannot be passed backwards

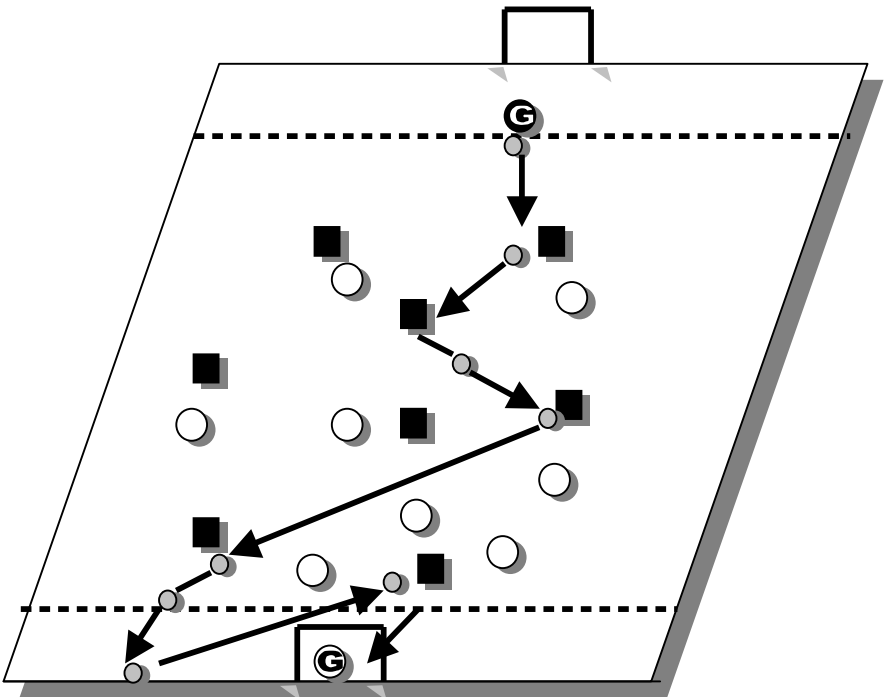
- Two equal teams with goalkeepers
- Field size to accommodate player numbers
- Field has a 5 yard end zone and a goal at each end of the field

### Rules

- Players cannot pass the ball backwards from their end line to the opponents 5 yard end zone grid
- Once the player has crossed into the opponents 5 yard grid they are free to pass the ball backwards
- Should a player pass the ball backwards in the wrong area then a free kick is awarded to the opponents

### Coaching points

- The rules force the players to pass the ball forward or sideways or to dribble out of trouble
- The end product is that the speed of play quickens



### Game 3

#### Break away scoring opportunity

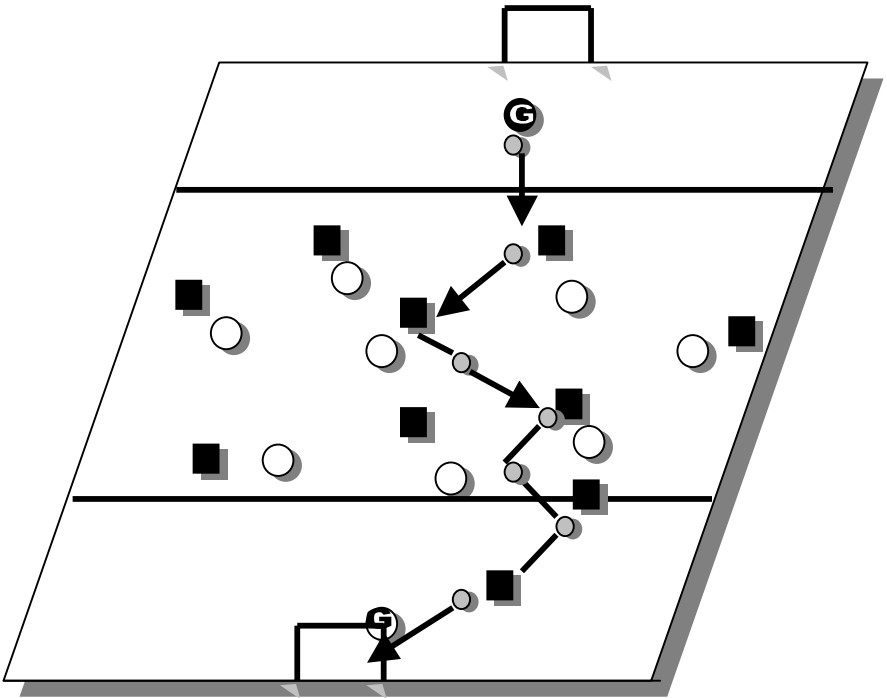
- Two equal teams with goalkeepers
- The playing field is divided into two attacking areas and a large midfield area

#### Rules

- Play is conducted in the midfield area until an attacking player dribbles into the attacking area
- Only the ball dribbler can enter the attacking area
- Defenders cannot defend in the opponents attacking area
- Once inside the attacking area the dribbler has 5 seconds to get the shot off
- The opposing goalkeeper can advance to challenge the attacker in accordance with the normal soccer rules

#### Coaching points

- Aggressive dribbling to gain entry to the attacking areas
- One v one challenges on the goalkeeper
- Varied build up play to free the attacker and gain entry into the attacking zone



# Finishing Games

## Game 1

### Three area attacking game

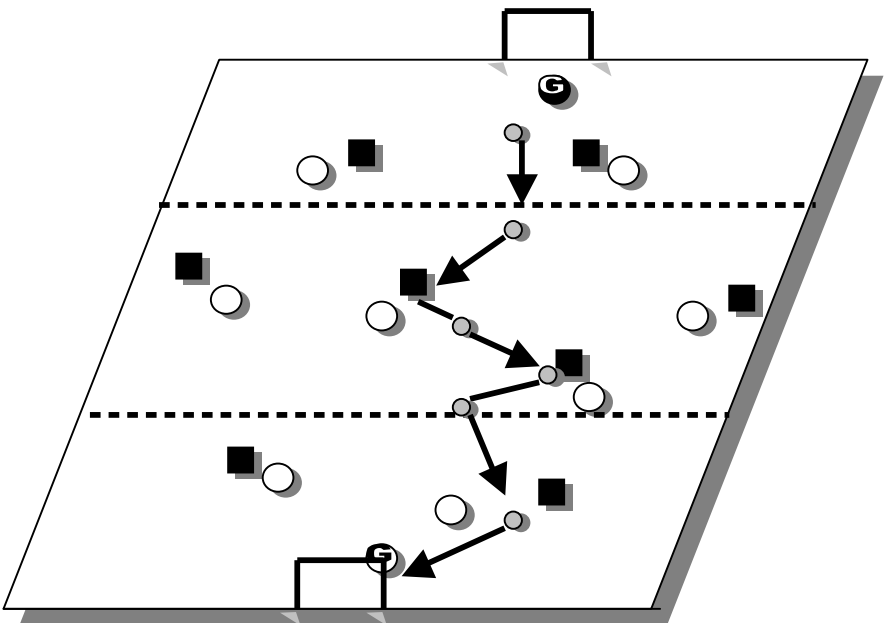
- Two teams of equal numbers with goalkeepers
- The field is 45 yards long and the width of the penalty area with goals at either end
- The field is divided into three areas 15 yards long and penalty area width
- The areas are named attacking area, defending area and midfield area

### Rules

- Players cannot score a goal with a shot or header from their defending area
- Goals can be scored as normal from the midfield area
- Only first touch finish goals can be scored from the attacking area

### Coaching points

- Strikers are encouraged to take first touch shots on goal giving the goalkeepers less time to react to the shot
- To get these shots off strikers should position themselves sideways on so that they can see the goal before releasing the shot
- Midfield shooters are allowed to touch the ball as required before shooting so that they can practice their shots in a more natural setting



## Game 2

### Three teams of equal numbers competition

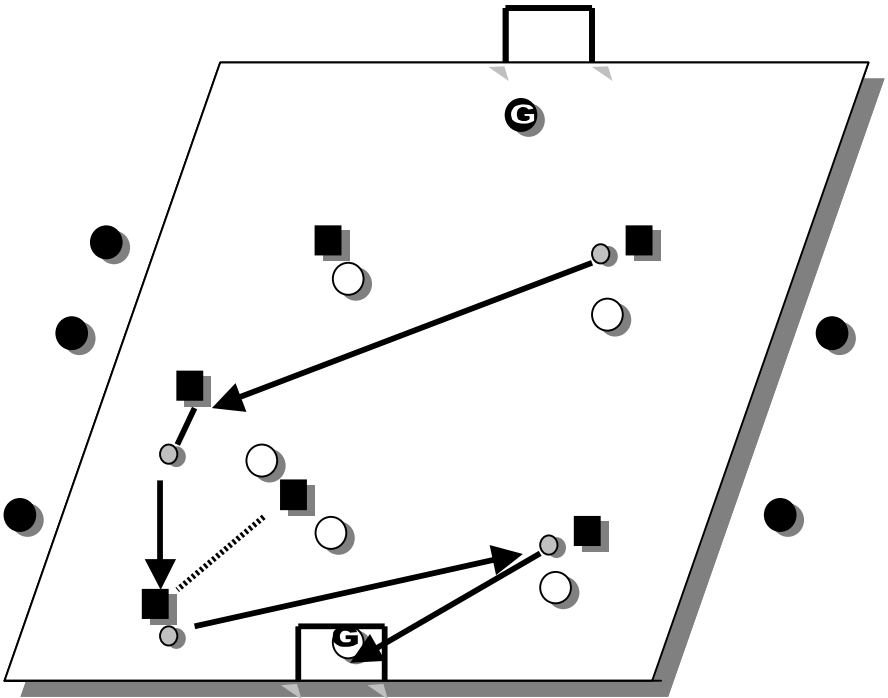
- The coach selects three teams of equal numbers, 4 or 5 players plus a goalkeeper
- The field is 40 yards long by 30 yards wide with goals at either end

### Rules

- Two teams play while the third rests
- Each game is five minutes long
- Teams play each other two times which equals four games per team
- The team that wins the game gets 3 points, a tie gives the team 1 point while a defeat gets 0 points
- Normal soccer rules apply

### Coaching points

- The field size and the team numbers allows lots of shooting opportunities
- The technical part of shooting will be open to the coaches input
- Defending will also be put to the test
- Also the goalkeeping will be tested more than in a normal game



### Game 3

#### Winner stays on the field

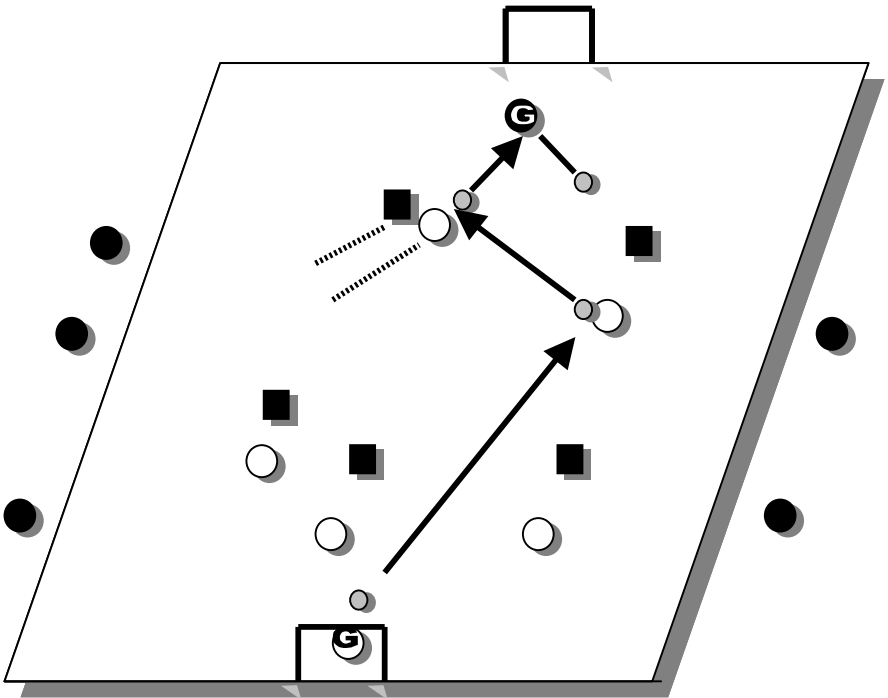
- The coach selects three teams
- Two teams play while the third team rests
- The field can be 50 yards long by 40 yards wide

#### Rules

- The team that scores the first goal stays on the field while the losing team leaves
- Each team counts a win as a point
- Goals are scored in the normal manner

#### Coaching points

- Creating goal scoring chances from passes and crosses
- Finishing off the chances provided
- Solid defensive efforts





## Game 4

### Overlapping support

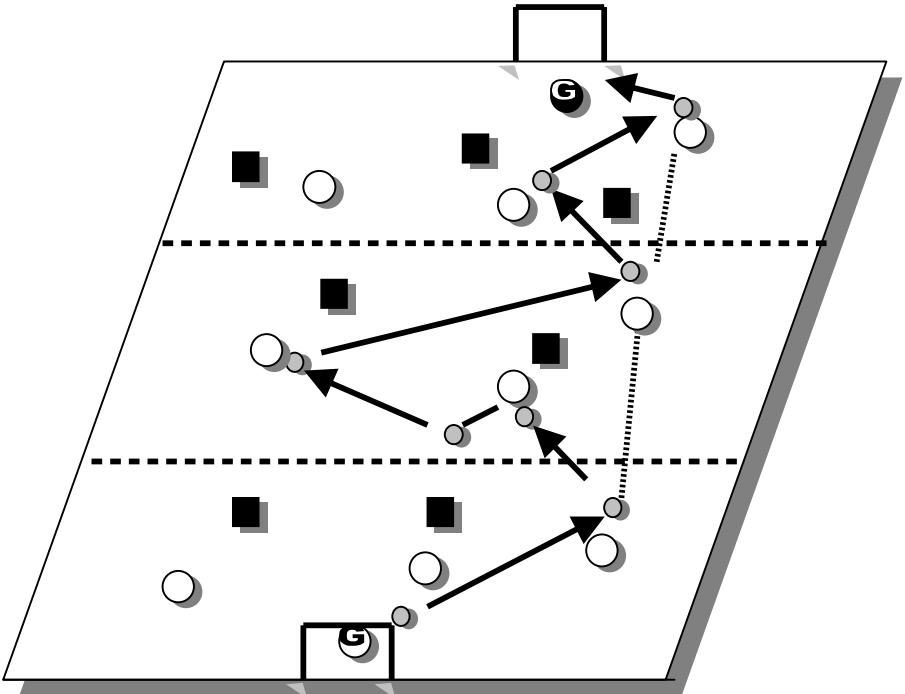
- Two teams of equal numbers plus goalkeepers
- Field size should be 60 yards long by 40 yards wide with two goals
- The field is divided by three 20 by 40 yard zones

### Rules

- The teams are divided into defenders, midfielders and attackers who when defending must stay in their designated zones
- When attacking a player can advance one zone forward after the ball has been passed forward into that zone.
- This will allow the attacking team a one player numerical advantage in that zone

### Coaching points

- Timing the forward runs to gain maximum advantage
- Returning quickly to the defensive zone when the opponents regain ball possession



## **U'14 to U'16**

### **Games to promote positional understanding**

At the U'14 to U'16 age groups the players are ready to take on the responsibility of understanding positional play and the part it plays in team tactics.

Up to this point the program has been making players quicker with more polished techniques, an awareness of play options and good decision-making.

Now is the time to delve deeper into the tactical side of the game so that players can grow more aware of their individual responsibilities, also their responsibility to their group members [groups being; defenders, midfielders and attackers] and the part they must play in the general team tactics.

In other words it's time for the players to look beyond the individual tactics and to start adding team tactical awareness to their game plan.

All great teams are made up of eleven players, with a whole variety of different skills, who find a way to dovetail their strengths to cover their teammates weakness and by so doing show the opposing team only their strengths.

This is not done by magic, it is done by players being willing and able to assist their teammates in their time of need and by each player knowing the responsibilities of the position they play.

A normal practice session for these age groups would be;

#### **Warm up**

- Jog and stretch

#### **Quickness training**

- Defensive progression games
- Varied touch games

#### **Functional training**

- Positional games
- Half-field Offense versus Defense

#### **Finishing**

- Drill to goal or crossing and finishing drill
- Finishing game or crossing and finishing game

#### **Doggies**

- Doggie runs with and without the ball

The coach should attempt to split these sessions up into the two or three practice sessions used per week

# Game 1

## One v one positioning

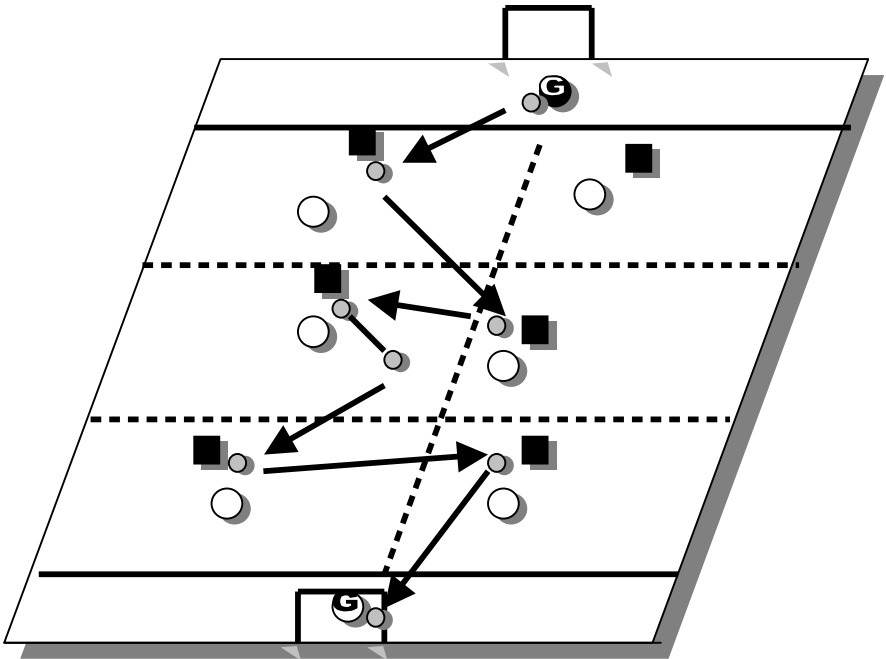
- Two equal teams of six outfielders and a goalkeeper
- The field size is 40 yards long by 20 yards wide with a goal at each end
- The keepers have a goal-box 5 yards long and field width
- The remaining outfield area is divided into six 10 by 10 yard square grids

## Rules

- The keepers cannot advance outside their goal area
- Players on each team are selected by position and placed in the appropriate grid
- All players must stay in their grid during the game

## Coaching points

- Players are asked to attack and defend against their opponent in the grid
- Dribbling the ball past the opponent, passing the ball on to a teammate in another grid and shooting for goal are all playmaking decisions for the player on the ball



## Game 2

### Two v two positioning

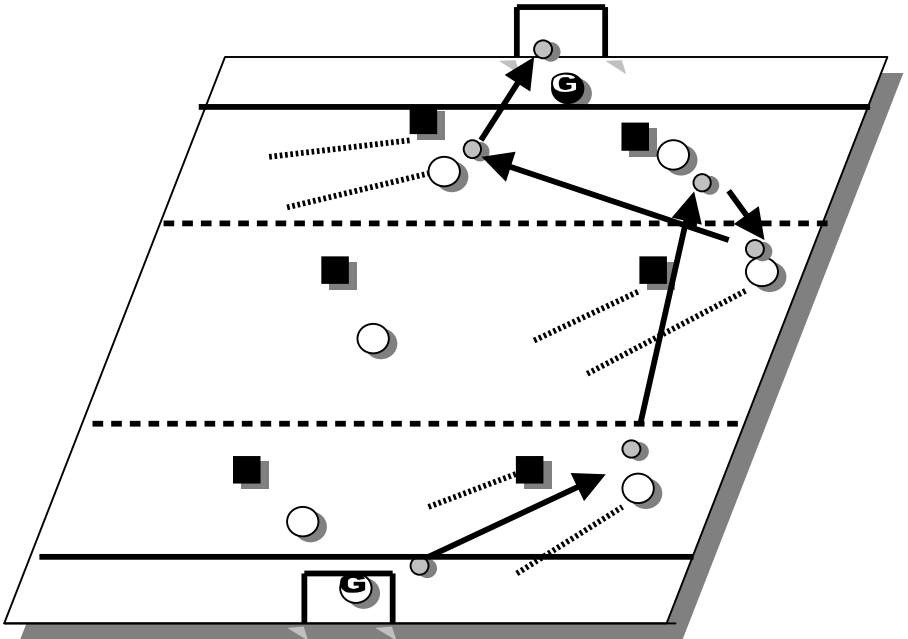
- Two equal teams of six outfield players plus a goalkeeper
- The field is 40 yards long by 20 yards wide with a goal at each end
- The keepers have a goal-box 5 yards long and 20 yards wide
- The remaining out field is divided into three equal grid areas 10 yards long and 20 yards wide

### Rules

- The teams are split into three pairings, one pair being defenders, one pair midfielders and one pair attackers
- Each pairing takes up position in their appropriate grids

### Coaching points

- Players can now start to work together in their grids
- Positional play by pairs will become more important in the winning and keeping of the ball
- Coordinated movement by the players will open up playmaking opportunities on offense and defense



## Game 3

### Free midfielders

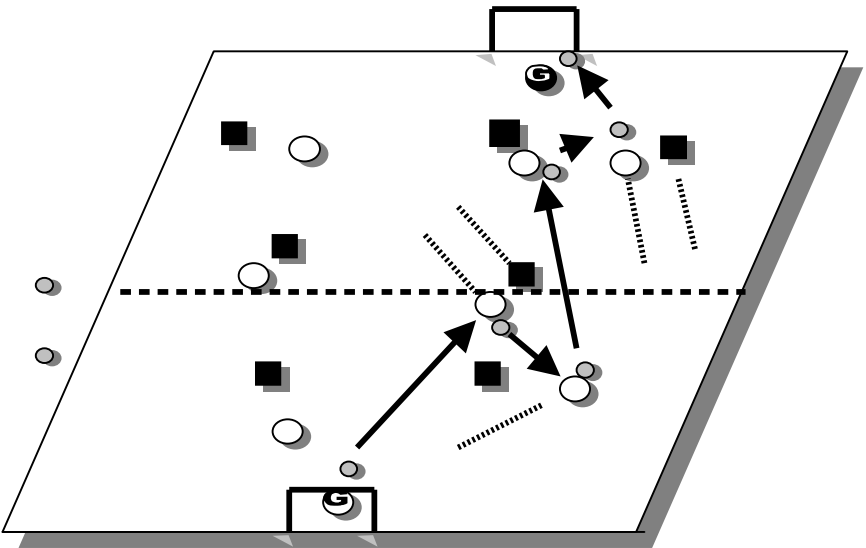
- Two equal teams of six midfielders plus a goal keeper
- The field is 40 yards long by 20 yards wide with a goal at each end
- The keepers have a goal-box 5 yards long and 20 yards wide
- The remaining outfield is divided into two halves by a half-way line

### Rules

- The teams are split into two attackers two defenders and two midfield players
- The defenders and attackers must stay in their designated area of the field
- The midfield players are free to go anywhere on the field

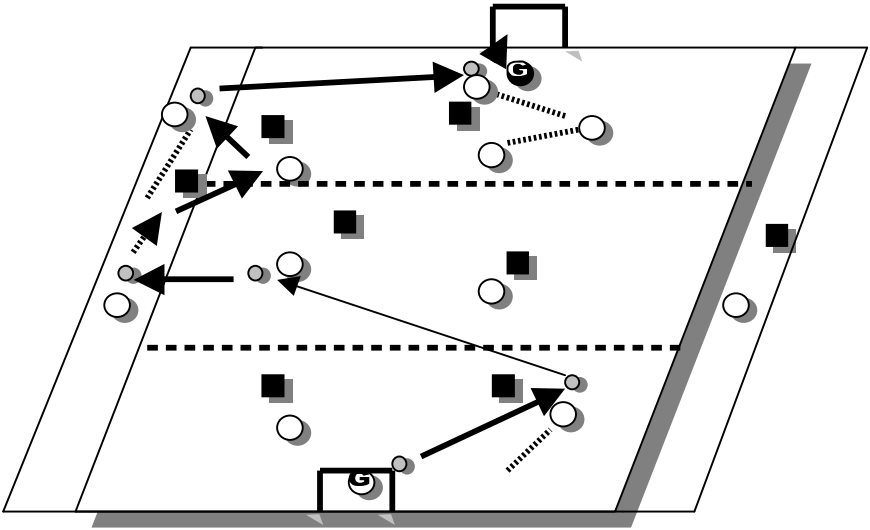
### Coaching points

- The defenders and attackers continue to combine in their field areas
- The midfielders are now free to play a larger supporting role on offense and defense
- The freedom of the midfielders and the area restriction of the central attackers and defenders is intended to mirror the demands of the game in positional play and supporting movement



## Using wide players in these games

- Given enough players a coach can use the wing areas on the outside of the grids to allow wide players to assist in the playmaking
- The wing areas could be 10 yards wide and run the length of the field
- Like the other players the wide players should be matched off and must stay in their designated areas
- In the free midfield game the midfield players would not be allowed into the wing areas



# Half field functional coaching

## Game 1

### Offense vs Defense

- The player group is split into two teams, one team has a goalkeeper
- The field is a normal half-field
- The team defending the goal has the goalkeeper
- Each team is made up of six or more players
- A target area is arranged on the half-way line to give the defending team something to aim at

### Rules

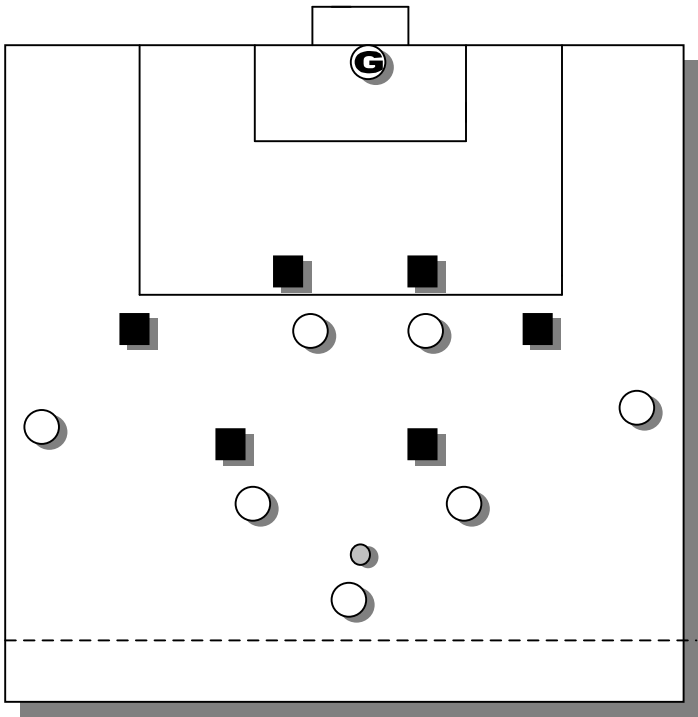
- The offensive team attacks the goal from the half-way line
- The defensive team defends the goal
- The offensive team defends the half-way line or the targets on the half-way line
- The defensive team attacks the target areas on the half-way line
- If the offensive team scores a goal they receive three points
- If the defensive team hits a target they receive one point

### Coaching points

- The coach will normally give the numerical advantage to the team being coached
- When coaching **defense** the coach concentrates on the players individual positioning and where that positioning fits into the overall team shape
- The shape of the team should take in North to South and East to West positioning to present a contracted and solid front by a group of defenders ready to be mobile in a hurry should the situation demand such mobility
- The mobility is important if the team shape is required to regroup in another area of the field because of the opponents switching the point of their attack
- The defensive shape should carry enough depth to eliminate any easy penetration passes to speedy forwards
- The overall defensive plan should be to have more defenders than attackers around the area of the ball
- Other important items are; combination play by center backs; center backs linking with full backs; central midfielders positional combinations; passing on information from one player to the other; passing on runners; back line dropping holding or trapping; rearranging positioning when confronted with play switching passes
- When coaching **offense** the coach should concentrate on creating width and depth with the team shape
- This fanned out type of shape allows the point of attack to be changed by players passing the ball from East to West and North to South

- Switching the play from one side of the field to another can open up wing penetration opportunities for the speedy wide players
- Penetration passes behind the defenders can free speedy attackers to create one v one situations against the opposing goalkeeper
- Other important items are; target balls into central forwards; central forwards interchanging positions to create attacking space; overlapping runs down the wing by inside midfielders or if available full backs; aggressive dribbling situations for forwards and midfielders; timed runs to near, far and central space to attack cross balls

This drill is a must for teaching the players positional play on offense and defense and coaches of this age group and above will reap the rewards of intelligent team play if they use the drill consistently in their weekly practices.





# **U'17 to U'19**

## **Games to promote speed and power**

The U'17 to U'19 age group are the ones who must be encouraged to release the power that their bodies have usually gained at this stage in their development.

To do this they must first be shown how strong and powerful their bodies have become and this can only be done by exposing them to their own strength and power through weight lifting and power running.

The weight lifting part of these exercises can be done through their high school weight programs but the soccer coaches must supervise the power runs.

An additional benefit to the power runs is that they improve the players' mental toughness and that is a huge advantage when moving up the soccer ladder because the higher you climb the tougher it becomes to stake your place in the first team.

At the high soccer levels nobody is going to roll over and let you take their place in the first team, if you want someone's spot your going to have to compete like mad to get it and that takes mental and physical toughness.

Don't get me wrong; the last three years are not made up of a vast collection of power runs but these runs must be added to the program or we will have missed a huge opportunity to prepare our players to take full advantage of the quickness and positional skills that have been taught to them during the previous years.

The addition of power to the overall program will prepare the players to advance to their next level of play whatever that might be when you take into consideration the many collegiate and professional levels of play available to the aspiring high school player.

Obviously the more polished the players talent are the better the chances are of reaching the highest level but the Lake Washington soccer experience should push them as high as natural law will allow.

Typical practice sessions for this age group;

### **Warm up**

- Jog and stretch

### **Quickness work**

- Defensive pressure games
- Various touch games

### **Power run**

- Everton run
- Man utd run
- Southampton run
- Chelsea doggie run
- Explosive sprints
- Coach chooses one or two of the above

### **Functional training**

- Offense versus Defense

- Practice dead ball situations for and against

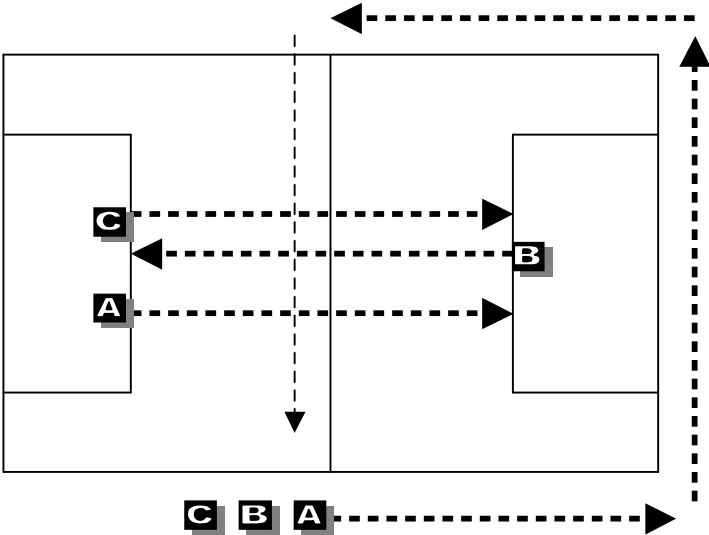
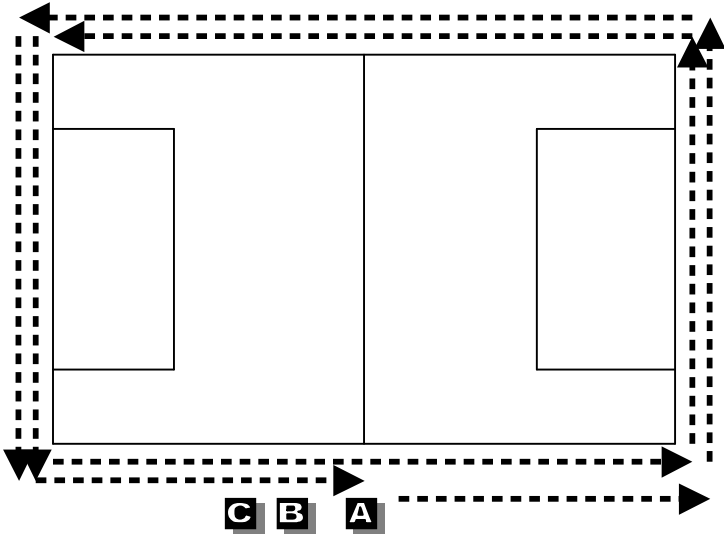
### **Finishing game**

- Various choices

### **Power run**

- Coach chooses from the Power run list

# The Everton run



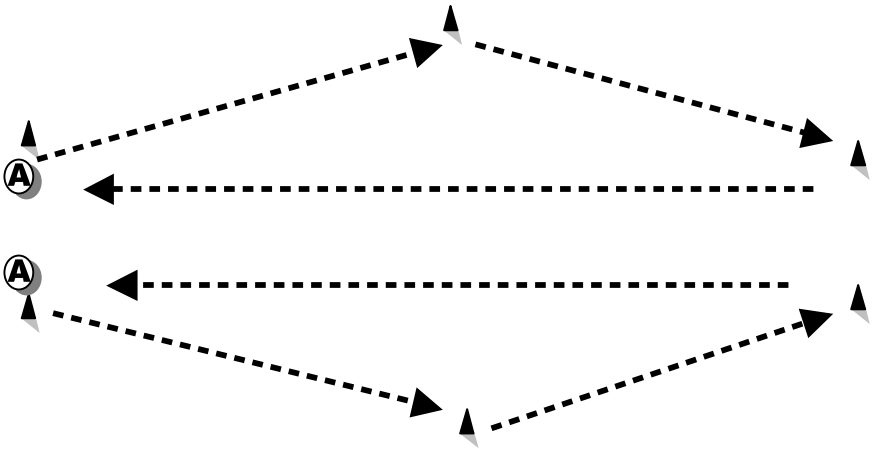
## The Everton run

- The coach should mark out the field with cone as shown in the diagram
- The players should be split into three groups
- The groups always set off in the same group order
- The **first run** is **two complete laps** of the field
- The second group takes off when the first group has turned the first corner
- The third group sets off when the second group has turned the first corner
- The run is done **one time**
  
- The **second run** is **one lap** of the field
- Each group has a recovery period before running the second lap
- The run is done **two times**
  
- The **third run** is a **half lap** of the field
- The second team goes when the first one finishes its run
- The third group goes when the second group finishes its run and so on
- The run is done **four times**
  
- The **fourth run** is **80 yard** sprint from one penalty area to the opposite penalty area
- Two groups one and three line up on the end line and the third group lines up on the edge of the penalty area
- Group one sprints to the edge of the penalty area and when they have crossed over group two are free to sprint towards group three on the opposite end line
- The run is done **eight times**
  
- When the fourth run is completed the Everton run is finished

# The Manchester United Run

## The Run

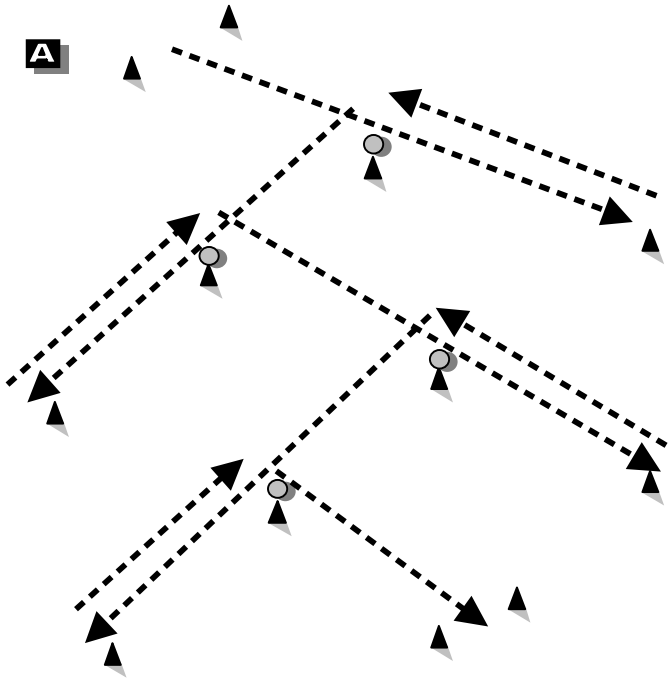
- Setting up the run requires the use of six cones
- Two of the cones are set 20 yards apart with a third being placed in the middle some 5 yards outside the line of the first two cones
- The same triangular shape is formed using the other three cones with the two triangles ending up some 5 yards apart and the apex of each triangle 15 yards apart as shown in the diagram
- The run sets off from the start cone to the wide cone where the player cuts back towards the end cone then the player turns and sprints directly towards the start cone
- The player changes places with the running partner before making the next run
- Each player makes six sprints, three from the left and three from the right
- The runs are built up into sets of six as the players advance their fitness
- The runs can be done with or without the ball



# The Southampton Run

## The Run

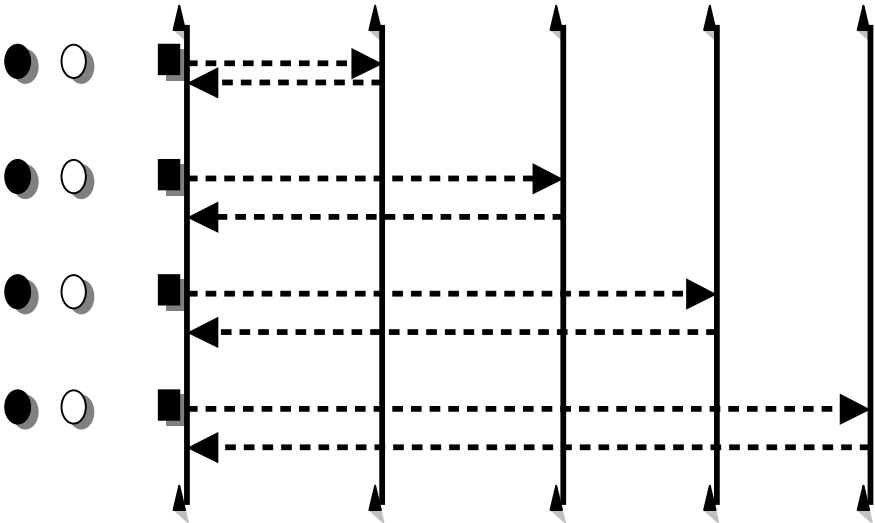
- This run can be done in groups of eight players
- The first runner sets off sprinting past the middle cone and turning at the end cone
- The first runner then runs back to the middle cone, turns around it and repeats this procedure until finishing at the last cone
- When the first player turns around the second cone the second player sets off
- The run should be completed six times and the players given a two to one ratio rest before going again
- Two sets of runs at speed is usually enough for one practice session
- The run will build the players turning, twisting and maneuvering ability while also enhancing their speed and stamina
- The runs can be done with or without the ball
- 



# The Chelsea doggie Runs

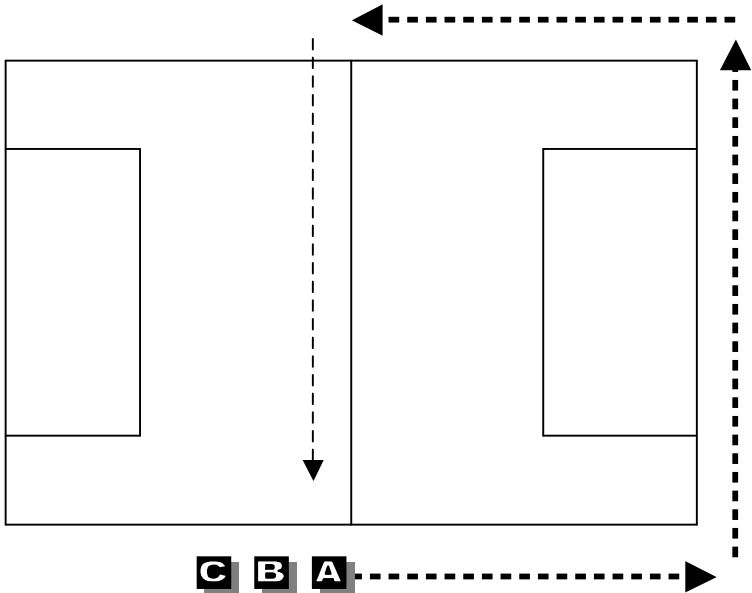
## The Run

- The coach sets up a double line of cones some 5 yards apart length wise and as wide apart as is needed to give the players room to run
- The players are split into three groups
- The first group toes the line in readiness to run
- The group runs to the first line turns at that line and runs back to the starting line
- The group then turns and runs to the second line turns and runs back to the starting line
- This continues until the runners have run to each of the lines marked out on the course
- Then the second group takes over and does likewise
- The second group hands over to the third group who run the same course as the other two groups
- When the third group finishes the run the first group sets off again and so on until the coach calls a halt
- The normal run total per team is six runs then rest
- The run can be done with or without the ball



# Washington 220 yards Power Run

- The run starts from the halfway line down to the corner flag, around the back of the goal, around the other corner flag and up to the opposite halfway line
- The teams are split into three groups
- When the first group completes the run the second group sets off
- When the second group completes the run the third group sets off
- Once a team completes the run they should jog across the field to prepare for their next run
- The run should be executed at 80% of full sprint power
- The exercise consists of eight runs per group
- The work to rest area is one work to two rests to improve quick recovery rate





## Washington 20 yards Power Sprints

- The coach sets up the run by measuring an area forty yards long
- The run is split into a 10 yard build up to the sprint, a 20 yard full sprint and a 10 yard slow down area
- The players are timed on the 20 yard sprint area only
- The players should complete the timed run two times with a certain amount of time in between to ensure recovery before the next run
- However as a running exercise without timing, the players can rattle off six to ten power runs with a short recovery time on each run.

