

Teaching Speed – Part 2

Improving balance, coordination, stability, footwork, explosiveness and agility should be a part of each coaches' training regiment.

Soccer is a game that compels players to work at constantly developing movements that will be used to unbalance an opponent.

Most **agility, balance and coordination** training movements are not random movements; rather they are precise movement at ever increasing speeds.

The range of training possibilities of this type of training is limited only by a coach's imagination.

Agility Test

One test that you can use to measure a soccer player's specific agility is called the Illinois Agility Run.

Consistency is a must in order achieve a reliable result when you do this test.

The coach needs to measure the proper distance, assure timing is consistent and test surface is always the same.

Rope Jumping

Rope jumping can be a key too developing faster more agile soccer players, as well as an excellent conditioning tool for all young athletes.

Rope Jumping Techniques

Do not jump rope on concrete, cement, asphalt, or wood laid over such surfaces. Jumping rope on these can lead to injuries.

Most young athletes cannot jump for more than two minutes continuously without having to stop and catch their breath.

For maximum benefits, a jump rope session should simulate soccer at the same intensity.

Have athletes wear proper footwear, preferably cross-trainers. Good footwear should minimize soreness in the foot area.

Your feet should only come between 1 and 2 inches off the ground – jumping rope is not a high impact exercise, it is low impact.

Speed Ladders

Speed ladders are roughly 10 to twenty yards long, with 20 to 40 rungs attached to web-strapping, forming squares approximately eighteen inches wide by twenty inches long.

Special thanks to

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