

Add Items

- Organization
- Speed Training Equipment
- Soccer Training Equipment
- Field Equipment

Grid of training equipment icons including cones, flags, and hurdles.

Strength/Power Equipment

Add Text [T]

Items Transform Rotate

Scale: 0

Scale: - 106 +

Delete



Print



Screen Shot



Field Select

[Field Select Options]

Training Notes

This drill works on explosive speed and power.

The player jumps through a speed hurdle course completing a forward-lateral-forward-lateral-forward series

The player then takes the ball to goal to score.