

## Speed Rings Drill 1

### EQUIPMENT

1 Set of Speed Rings. 6 Disc cones.

### MEASUREMENT

10 x 20 yards

### CATEGORY

Speed Training

### COACHING POINTS

1. The power put behind the first step of the sprint is crucial and half the work, thus the process of hopping before the sprint is very beneficial for developing the start, power and acceleration.
2. Hop using the balls of the feet.
3. Maintaining good technique and 100% effort throughout the drill is crucial.
4. Do 6-8 repetitions with the right foot and 6-8 repetitions with the left foot.

### PROGRESSION

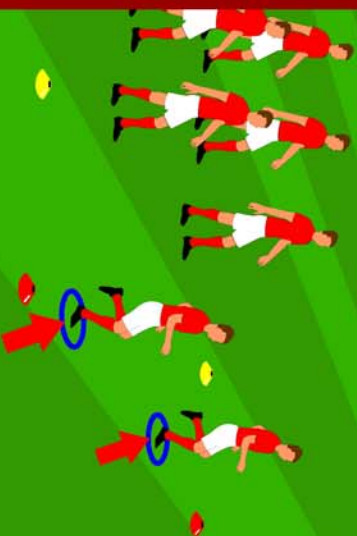
1. Use the left foot to hop.
2. Use 2 footed jumps into the speed rings.

1



ON THE COACHES COMMAND, BOTH **PLAYERS** WILL HOP WITH THE RIGHT FOOT INTO THE SPEED RING

2



**PLAYERS** SHOULD HOP USING THE BALLS OF THEIR FEET

3



**PLAYERS** THEN SPRINT TO THE **YELLOW** CONES