

Speed Rings Drill 2

EQUIPMENT

1 Set of Speed Rings. 6 Disc cones.

MEASUREMENT

10 x 20 yards

CATEGORY

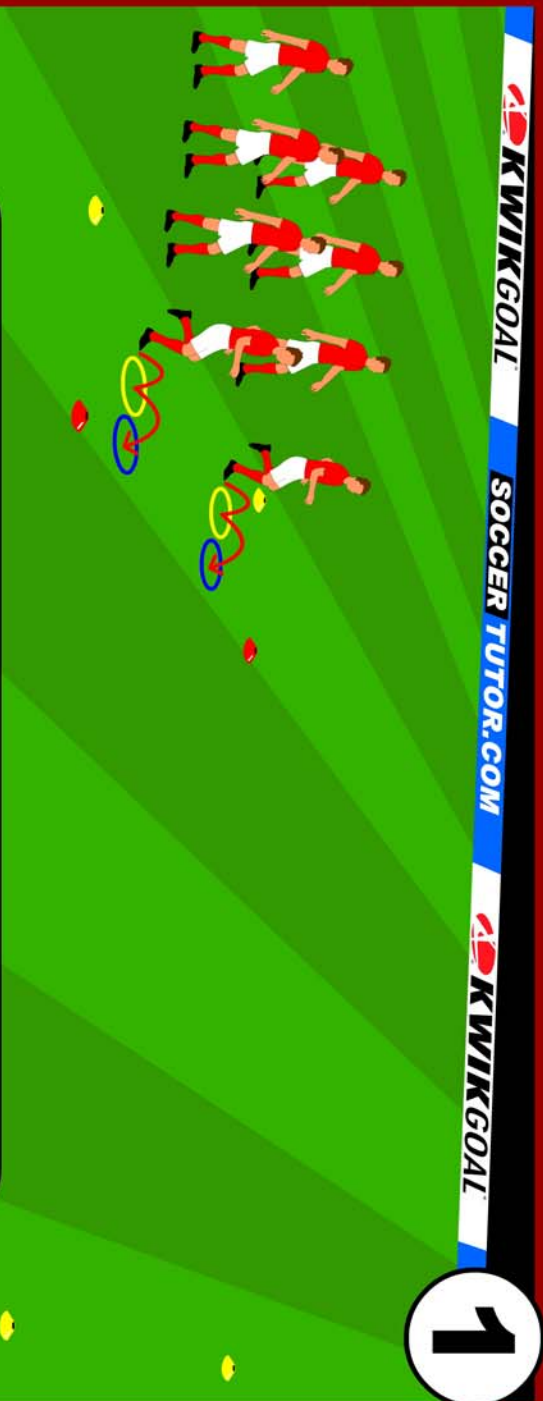
Speed Training

COACHING POINTS

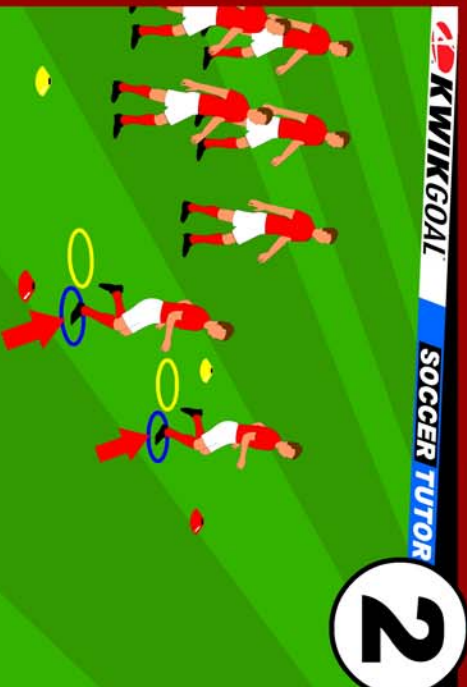
1. The power put behind the first step of the sprint is crucial and half the work, thus the process of hopping before the sprint is very beneficial for developing the start, power and acceleration.
2. Hop using the balls of the feet.
3. Maintaining good technique and 100% effort throughout the drill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



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



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



PLAYERS THEN SPRINT TO THE **YELLOW** CONES