

Add Items

Organization
Speed Training Equipment

Navigation: [Up Arrow] [Down Arrow]

Speed Training Equipment Icons:

- Triangle with arrows (orange)
- Horizontal line with arrows (orange)
- Wavy line (yellow)
- Wavy line (red)
- Wavy line (blue)
- Wavy line (yellow)

Soccer Training Equipment
Field Equipment
Strength/Power Equipment

Add Text [T]

Items Transform Rotate

Scale: [0] [Slider]

Rotate: [-] [100] [+] [Slider]

[Delete]



Print



Screen Shot



Field Select

Field Select Options:

- [Green Field]
- [Orange Field]
- [Grey Field]

Training Notes

Training Focus: Footwork & Coordination

Place 4 players per speed hurdle.

have each speed hurdle station perform a different drill (lateral hops, lateral shuffle, triangle hops)

Complete for 30 seconds and sprint to end of opposite line. Perform 8 total efforts.