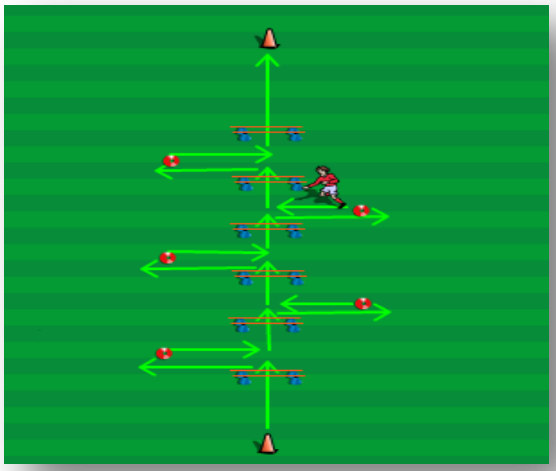
SAQ Training



Jump & Cut

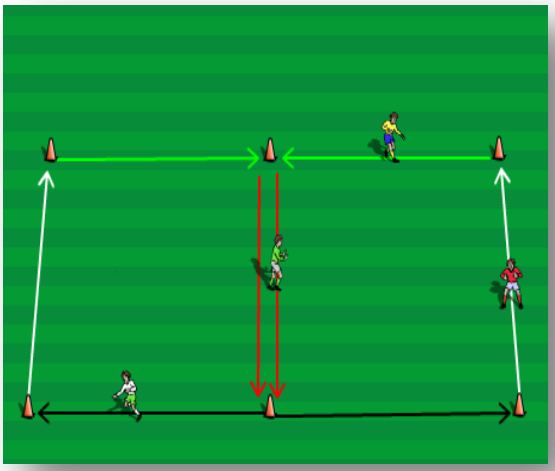
Set Up 6 Hurdles
5 markers (4 yards to sides)
20 yard distance

Description

Start at one end of the Speed Hurdles in an athletic stance with feet shoulder-width apart. Stay on the power pads of your feet and run over each hurdle. Both feet should hit the ground between each hurdle. 3. Upon contact with the ground after each hurdle, get low and cut laterally to the marker. They should complete and return back through.

Coaching Points

Players should understand this is a linear run so think quick feet versus high knees. It is also important that they get in and out of their breaks as quickly as possible.



Lights Out

Set Up 2x 10x10 yard boxes
6 cones
Players in pairs

Description

Players begin at red player by backpedalling to the first cone. They then 'Carioca' to the second laterally. The third cone is reached by side stepping and this can involve exaggerated arm movement if required during the session. When they hit the fourth cone, the sprint all out and repeat the process by continuing in a figure of 8 shape.

Coaching Points

Players should keep good balance and turn quickly when performing each of the exercises. They should learn to explode quickly & replicate Matchday movements.

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