Soccer Agility Cutting Drill

Posted by STLCoach - 15 Mar 2010 04:02

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The ability to change direction in an efficient and controlled manner is a pivotal part of a soccer player s field conditioning. Simple drills allow a soccer player to develop the skills to be able to adapt to a specific situation on the field to either get to the ball first or evade pressing defenders. An agility drill that I have used for many years is called Cutting Drill.

Purpose This drill is designed to teach players how to change direction and accelerate away from their opponents

Coaching Cues ensure the player lowers their centre of gravity as they approach the turn

- Players must plant (decelerate) with their outside foot (left foot if they are cutting to the right)

- Hips must be turned at the latest moment i.e. at the cone the inside leg s knee drive controls this motion and allows for a foot strike underneath the player s centre of gravity

- Use the inside foot (right foot if cutting to the right) to drive forward (must accelerate in a forward lean position).

- Drive off hard from the cone (the first step is the most important)
- Turn hips quickly in direction of run (this must be done in one step, not two or three)

- Accelerate out of the cut to engrained the drill s purpose; to accelerate away from the opposition

- Maintain lean forward through hips

Description setup cones DIAGONALLY ABOUT 10 YARDS APART.

- Initially perform a repetition at 75% effort (to a single side) to ensure that the technique is reinforced in the mind of the player

- You can begin to perform repetitions at 100% effort to attempt to teach the athlete the correct mechanics at a speed applicable to a game situation. Complete 3-4 repetitions. Work-to-Rest Ratio 1:5

- Repeat this process on the opposite side of the body, beginning with a 75% effort and progressing to the 100% effort as done on the previous side. Complete 3-4 repetitions. Work-to-Rest Ratio 1:5

Athletic Focus there is a strong emphasis on hip stability and core control in this drill. It is imperative that your athletes have a foundation of hip strength and control before attempting this drill. The ability to balance on one leg and to decelerate over a short distance are indicators that your athletes can begin to attempt this drill. It is essential that the Work-to-Rest ratio is adhered to because it is important that fatigue does not effect the ability of the athlete to perfect the technique of these movements.

To watch a video of this drill, click here.

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Re:Soccer Agility 1/2 Ladder

Posted by STLCoach - 16 Jul 2010 03:20

Soccer Agility –1/2 Ladder - One Foot

The ability to pick up and put down the feet in an efficient and controlled manner (footspeed) is a highly important component within a soccer player's field conditioning. Simple drills allow a soccer player to develop the skills to be able to adapt to a specific situation on the field to give and receive the ball on the run or evade pressing defenders. One such footspeed drill is ½ Ladder – One Foot.

Purpose
This improves the neural component associated with picking the feet up and putting them down quickly (footspeed) as well as improving the athlete's awareness of staying up on the balls of the feet during running and allowing the athlete to practise their acceleration and deceleration mechanics to replicate a breakdown scenario in play.

Description
• Start behind the ladder.
• Place one foot in each rung of the ladder as you progress forward through the ladder, as quickly as you can.
• At the end of the first half of the ladder sprint to the second half of the ladder and repeat in the second half of the ladder using the same foot pattern.
• This drill is performed twice, alternating which foot you lead with when you start.

Coaching Cues
Ladder
• Bend your knees to keep centre of gravity low.
• Hands kept above hip level with elbows at 90 degrees.
• Fire feet as fast as possible.
• Only lower body moves, upper body remains relaxed.
• Stay high on the balls of the feet.

Acceleration
• Initial steps short and powerful to lead into full stride.
• Powerful arm action with hands cheek to cheek.
• Stay low and gradually come out of it.
• Lean forward.
• Knee to hip level and pull heel to butt.
• Limit any dropping or rotating around the hips.
• Torso strong, chest up.

Deceleration
• Shorten steps
• Drop your hips
• Slow down on your heels prior to entering the next ladder.

Athletic Focus
It is imperative that a large focus be placed on the transitions within this exercise from ladder to acceleration and then from that acceleration back into the ladder. Athletes should already have a sufficient level of neural connection to complete the Ladder One Foot component well. It is important that proper acceleration and deceleration mechanics are emphasised. This exercise will assist athletes on

the field when transitioning from sprinting to receiving a pass from a teammate or alternately from giving a pass into accelerating into space.

To watch a video of this drill click here.

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Re: Soccer Agility CHANGE OF PACE

Posted by STLCoach - 16 Sep 2011 11:15

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FITNESS TRAINING
Soccer Agility-Change of Pace
Changing pace is critical in soccer. A player that possesses this skill is able to accelerate and decelerate quickly, transferring energy from the front foot to the back and then to the front again. It is a skill used by strikers when making accelerating diagonal runs or when defenders need to intercept a penetrating ball. Here is an exercise that will help teach this change from acceleration to deceleration: CHANGE OF PACE.
Purpose:
- To develop the ability to accelerate and decelerate over a very short distance.
- To develop sport specific evasion technique.

Coaching Cues:
- Keep hips square and to the front the entire time.
- Balls of feet - off the mark.
- Hands cheek to cheek.
- Quick feet through ladder.

Description:
- Week 1: Run at 75% over 7m, 50% over 5m and 75% over 7m. Repeat x 2. Run at 100% over 7m, 75% over 5m and 100% over 7m. Repeat x 2.
- Week 2: Same as Week 1
- Week 3: Run at 75% over 7m, 50% over 4m and 75% over 7m. Run at 100% over 7m, 50% over 4m and 100% over 7m. Repeat x 3.
- Week 4: Run at 75% over 7m, 50% over 3m and 75% over 7m. Run at 100% over 7m, 50% over 3m and 100% over 7m. Repeat x 3.

Athletic Focus – This exercise is an entry level agility drill. It is used at the start of the program to develop the athlete's basic change of pace. After this drill is implemented, then higher level drills can be incorporated such as change of direction.
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