

You can't train speed? You thought wrong. Genetic predispositions play an important role, but with the right training you can make significant progress. It is important that speed is first trained in isolation to cause physiological adjustments. Then the skill is trained in a football-specific way.

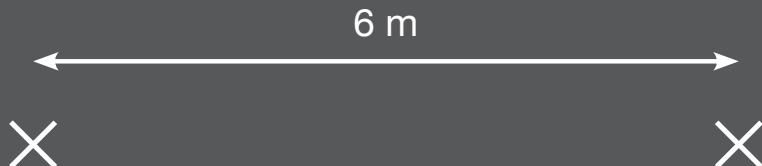
Before speed training, you should warm up well so you can reach your maximum speed in sprints. Running school and coordination training are ideal for this.



## EXERCISE 1: Isolated kick-off speed

### SET-UP AND IMPLEMENTATION

Mark a six-metre track with two cones. Sprint the distance at maximum speed. Complete eight sprints with a break of at least 60 seconds between each sprint, which you spend at a relaxed trot.



### IMPORTANT

Make sure you start each sprint well rested. Only then you will train your sprinting ability. If you go into a sprint still tired and breathing heavily, you are training sport-specific endurance rather than speed. Make sure that your movements are well performed in relation to the points discussed in the "Coordination" chapter.

### VARIATION

Start from a sitting, prone or supine position. Or extend the distance a few metres and start the sprint with three explosive one-legged jumps. Add an additional cone and change direction, you can also extend the sprint distance a little.

*Even professionals often make the mistake of taking too many and too small steps at the beginning of a sprint. Then you lose the necessary forward drive to quickly move away from the starting point.*

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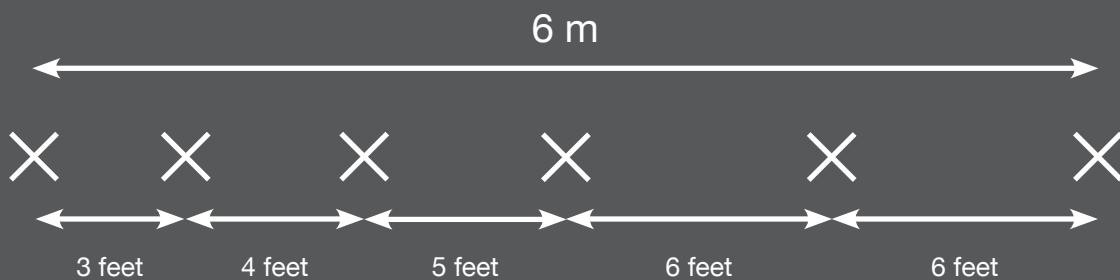
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## EXERCISE 2: Step length and step frequency



### SET-UP AND IMPLEMENTATION

Place cones on the six-metre sprint track, spacing them per step, starting with 3 feet apart, up to a maximum of 6 feet apart. Complete the sprint by placing one foot at maximum in front of the next cone with each step. Complete five sprints.



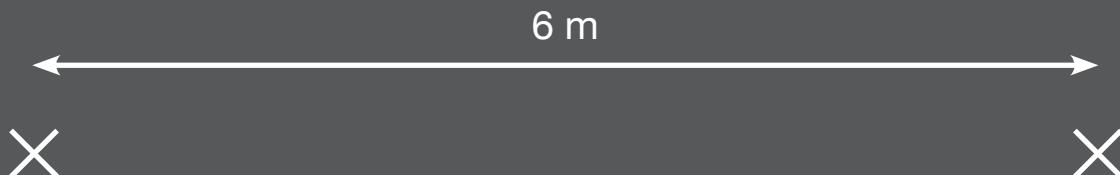
### IMPORTANT

Start each sprint well rested. Make sure that the movement is executed well in relation to the points discussed in the "Coordination" chapter. Do not use variations. Instead, concentrate on a good push forward.

## EXERCISE 3: Football-specific kick-off speed

### SET-UP AND IMPLEMENTATION

Grab (A) a teammate (B) and mark a six-metre sprint track with two cones. A has a ball and passes it to B. As soon as B sees the ball, he sprints and takes the ball. Each team mate completes five sprints.





## IMPORTANT

Start each sprint well rested. Make sure that the movement is executed well in relation to the points discussed in the "Coordination" chapter.

## VARIATION

The exercise can be performed as a competition if you train with several team mates.

*The fast-twitch muscle fibres used for sprinting get tired quickly. So plan your sprint training carefully and don't do too many sprints. You will feel your legs getting heavy after a while. Then you will no longer be able to achieve the desired training effect - an improvement in sprinting speed.*

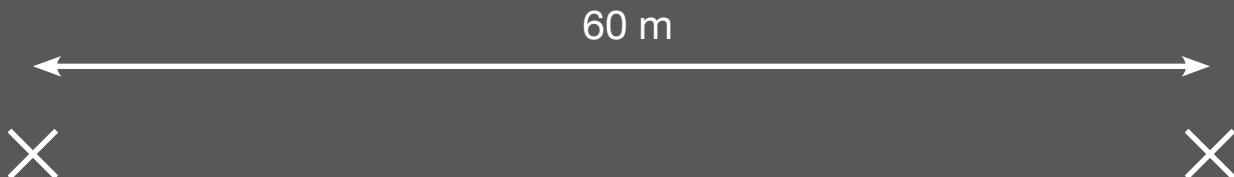
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## EXERCISE 4: Maximum speed

### SET-UP AND IMPLEMENTATION

Mark out a 60-metre track and complete it at maximum speed.



## IMPORTANT

Ensure good movement execution in relation to the points discussed in the "Coordination" chapter, as well as good step length and maximum fast step frequency. Start each sprint well rested.

## VARIATION

Include different starts.