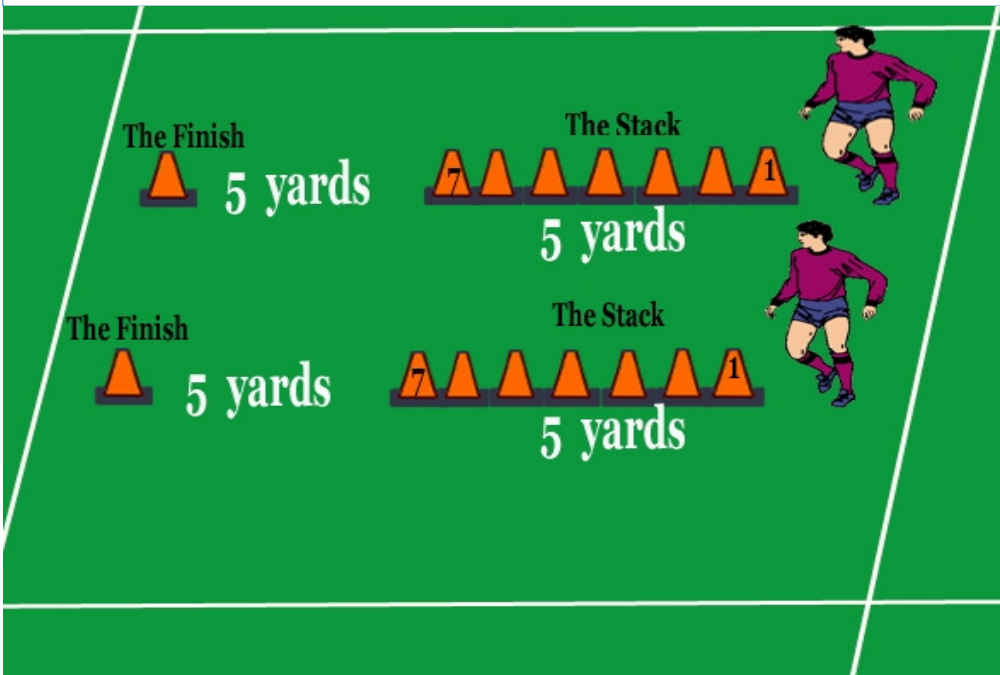


Manchester United Speed Drill

Drill Introduction

Last month I introduced this drill for the first time. Because of its almost limitless possibilities, I decided to give you more exercises and guidelines for using this drill. They will be listed below. If you missed part one of this drill, please go to the website and click on Manchester United Speed Drill.

This is a great drill for teams and individuals. If you have any players that you feel should be getting this newsletter, please send them to the website to subscribe.



February 21, 2007

New Articles Posted

- Interview with the Head Sport Scientist of Newcastle United of the English Premiership. I asked him what are some of the biggest mistakes coaches make when training their teams.
- Nutrition Article by Expert Nancy Clark.
- Psychology of Penalty Kicks.
- Check out Vern Gambetta's new book Athletic Development. Vern is renowned in the strength and conditioning world. He worked with the US national Soccer some years ago.
- Hoff Aerobic Dribbling Track Test.

How to perform the drill

Please refer to the picture above for the layout. Start the drill where the two players are standing (cone 1). It doesn't matter what side of cone 1 you start on. Split the soccer team up into two separate teams with 1/2 standing behind one set of cones and the other half standing behind the second set.

1. Start at cone 1 with both feet parallel to the start cone. Fall forward to about 45 degrees and sprint out forward using proper body lean. Then sprint through the finish.
2. Start at cone 1, leap side to side over the cones, through the stack (using two legs). Once you get to cone 7, sprint through to the end. There is pause after you jump over cone 7. Immediately when you hit the ground sprint as fast as possible through the finish. (key note: Once athletes become most advanced at this drill they may move to one foot hopping. Use caution. The athletes should be well trained and not have any lower extremity injuries. One foot hopping in this manner is an advanced exercise and should be saved for more well trained athletes with good technique.)
3. Start at cone 1, facing back wards, run backwards as fast as possible through the stack, Once you reach the end of the stack, turn and sprint through the finish. There is no pausing when turning from backwards to forwards running.
 - a. Same thing this time but on the opposite side.
4. Start at cone 1, facing sideways down the stack, only one foot is on cone 1. Shuffle laterally to the end of the stack and touch cone 7, (never cross feet). Then shuffle back to start and touch cone 1, then shuffle forward and touch the 2nd to last cone in the stack, then return and touch the 2nd to the 1st cone from the beginning. Repeat this sequence till you have touched all the cones, then turn and run through the finish. (this is a lateral quickness drill. And must be done like all the other drills at 100%. Emphasize good technique.)

- a. Repeat on opposite side.
5. Start at cone 1, you are facing backwards. Run backwards to the end of the stack. Run around those cones backwards and run to the start and around those cones backwards and then run through the last portion of the stack backwards. Once you reach the end of the stack turn and run forward through the finish forwards.
6. Start at cone 1, jump over the cones, while you are in the air do a 180 degree turn and land on the other side of the cones, then jump over to the other side doing another 180 degree turn. Do this all the way down the stack. Once you reach the end of the stack you are done with this rep.
 - a. Repeat on opposite side.
7. Start at cone 1, sprint through the stack and to the finish. Then sprint around the finish cone and run back to and around cone 1, then to the finish.

Exciting New Information Coming

One of the great advantages of being part of the EliteSoccerConditioning.com network is that you get access some of the best strength and conditioning coaches in the world. Here are a few of the experts that agreed to answer some questions for the readership of EliteSoccerConditioning.com:

1. If you are familiar with the experts in the strength and conditioning world then you know who Mike Boyle is. He has over twenty years experience in the field of elite athlete preparation. He is a featured speaker at conferences across the country. Mike has been involved in training and rehabilitation with a wide range of athletes, from stars in every major professional sport, including the US Women's Olympic soccer team, and the MLS. Mike answered questions on Energy System Development in Soccer, Speed Training, How to train soccer teams with their unique year around schedule, Is there a difference in how you train girls and guys, and so on.
2. Vern Gambetta is another world renowned strength and conditioning coach that has over 40 years of experience. He was a consultant to the 1998 US men's world cup soccer team and New England Revolution. He has lectured and conducted clinics in Canada, Japan, Australia, and Europe. Vern's interview will be sent soon to all subscribers of the newsletter.

Free Soccer Specific Nutrition E-Book (\$10 dollar value) to all the subscribers of EliteSoccerConditioning.com newsletter. Here is what will be covered in the E-Book.

- **How to eat on the road in preparation for games. A research study showed that players who ate lots of carbohydrate ran the most and only walked about 25% of the total distance. Players who ate a "normal" meal covered about 25% less distance and covered most of it at a walk. Can you guess who won this game?**
- **How to eat and drink during games so you minimize loss of performance.**
- **Recover properly after a game so that you will recover faster and better before your next big tournament game.**

This E-book is 100% free, but only to subscribers. I don't know when or if I will make this offer again.

Coaches, please tell all of your players and parents to subscribe to the newsletter at EliteSoccerConditioning.com ASAP. They will be included in the newsletters and receive the E-Book. I will send the E-Book within the next month or two. The newsletters as you know are free too.