



# ESSENTIAL SOCCER SPEED AND AGILITY WORKOUTS



**WEEK SAQ TRAINING PROGRAM  
FOR OUTRUNNING OPPONENTS**

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## Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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# INTRODUCTION

Since soccer is a sport that requires players to explode in bursts, maneuver in tight areas, and change directions at a moment's notice, there are three essential attributes players need to be successful:

- Speed
- Agility
- Quickness

Essential Soccer Speed & Agility Workouts provides a 4 week speed, agility, and quickness (SAQ) training program that can be executed in a number of different ways depending on the needs of your players and team. It is organized into efficient daily workouts and weekly schedules to maximize player improvement. You can reference Essential Soccer Conditioning Drills for additional drills and details if needed.

It's best to run this as an off-season or pre-season program, and if you can, have your players follow the full 5 day program, Monday to Friday, and take weekends off to rest the body and recharge.

If you don't get off season time with the team and would like to incorporate this program into your in-season practices, follow the exercises 2-3 days per week. Avoid doing these exercises on the day of, or day before games.

At the end of the 4 weeks, the players should experience considerable increases in speed, quickness, agility, and power, translating directly into their soccer performance. To continue with the program, start back at week 1. You can increase the difficulty of the program by adding extra sets or repetitions. Even better, have the players wear ankle weights, wrist weights, or a weighted vest while completing the exercises.

Always make sure the players complete a thorough dynamic stretch and warm-up before beginning any of these exercises or workouts.

## SUGGESTED WARMUP EXERCISES

**Butt Kicks** - Bring your heels up in order to kick your butt in a running sequence.

**Heel to Rear** - Alternating legs, pull your heel to your rear and hold for a three count.

**High Knees** - Bring your knee up to chest and work for speed.

**Knee to Chest** - While walking pull one knee to chest and hold for a three count, alternate legs.

**Shuffle** - Do not cross your feet. Keep your hips in a low athletic position. Hips are low to the ground and hands are relaxed in front eyes straight.

**Power Skips** - Skip for height and distance. Use explosive strength to skip.

**Ankle Flips** - Bounce on your toes and push out on each foot alternating feet.

**Single Response Jumps** - Jump for speed alternating from the right to left leg.

**Back Pedal** - lean forward keeping back flat, on your toes. Pushing off toes explode backward in a running for cover as much distance and as fast as possible.

**Distance Jumps** - Feet together, jump for distance.

**Speed Jumps** - Feet together and bunny hop for speed.

**Carioca** - Rotating hands left to right to rotate hips in opposite direction, crossing feet for distance and speed.

**Walkers** - A slow walk, alternating legs, raise the leg high and wide at each step, pulling the knee up into the air to the side of the body and around to the front like a gate swinging closed.

**Arm Circles** - Extend the arms out at the sides and rotate them in a circular motion. Change directions so that you get movement and loose at the shoulders

**Alternate Toe Touches** - With legs wide apart, alternate touching hand to the outside of the opposite little toe.

## WEEK 1 - MONDAY

| EXERCISE                      | DRILL               | SETS | DESCRIPTION                                                                                                                                   |
|-------------------------------|---------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                     |      |                                                                                                                                               |
| <b>Agility Ladder</b>         | Two Step High Knees | 4    | Players step into the spaces of the ladder as they move forward.                                                                              |
|                               | High Knees Ladder   | 4    | One foot per space, knees high.                                                                                                               |
| <b>Dots/Cones</b>             | Up and Back         | 10   | Both feet split, both feet together, both feet split, and then jump backward.                                                                 |
|                               | Right Foot          | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2.                                                  |
|                               | Left Foot           | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.                                                    |
|                               | Four Corners        | 4    | Run around in a square. Go straight, carioca, backpeddle, and carioca.                                                                        |
|                               | Pro Agility         | 4    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end. |
| <b>Speed Drills</b>           | Sprint Pyramid      | 1    | Run 2 sprints of 10,20,30,20, and 10 yards.                                                                                                   |
|                               | Sprint and Jog      | 2    | Run the length of the field (end line to end line) sprinting then jogging for 10 yards at a time.                                             |

## WEEK 1 - TUESDAY

| EXERCISE                      | DRILL               | SETS | DESCRIPTION                                                                                                                                   |
|-------------------------------|---------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                     |      |                                                                                                                                               |
| <b>Agility Ladder</b>         | Two Step High Knees | 4    | Players step into the spaces of the ladder as they move forward.                                                                              |
|                               | High Knees Ladder   | 4    | One foot per space, knees high.                                                                                                               |
| <b>Dots/Cones</b>             | Up and Back         | 10   | Both feet split, both feet together, both feet split, and then jump backward.                                                                 |
|                               | Right Foot          | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2.                                                  |
|                               | Left Foot           | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.                                                    |
|                               | Four Corners        | 4    | Run around in a square. Go straight, carioca, backpeddle, and carioca.                                                                        |
|                               | Pro Agility         | 4    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end. |
| <b>Speed Drills</b>           | Sprint Pyramid      | 1    | Run 2 sprints of 10,20,30,20, and 10 yards.                                                                                                   |
|                               | Sprint and Jog      | 2    | Run the length of the field (end line to end line) sprinting then jogging for 10 yards at a time.                                             |

## WEEK 1 - WEDNESDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                       |
|-------------------------------|-------------------------|------|---------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                                   |
| <b>Agility Ladder</b>         | Two Step High Knees     | 4    | Players step into the spaces of the ladder as they move forward.                                  |
|                               | High Knees Ladder       | 4    | One foot per space, knees high.                                                                   |
|                               | The Right Legged Thrust | 3    | Stepping in each space, all the work is done with the right leg.                                  |
|                               | The Left Legged Thrust  | 3    | Stepping in each space, all the work is done with the left leg.                                   |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.                  |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.              |
| <b>Speed Drills</b>           | Sprints                 | 1    | Run 5 sprints of 10,20,30,20, and 10 yards.                                                       |
|                               | Sprint Pyramid          | 4    | Run the length of the field (end line to end line) sprinting then jogging for 10 yards at a time. |
|                               | High Knees              | 2    | Run entire length of the soccer field with knees high.                                            |

## WEEK 1 - THURSDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                                                                   |
|-------------------------------|-------------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                                                                               |
| <b>Agility Ladder</b>         | Two Step High Knees     | 4    | Players step into the spaces of the ladder as they move forward.                                                                              |
|                               | High Knees Ladder       | 4    | One foot per space, knees high.                                                                                                               |
|                               | The Right Legged Thrust | 3    | Stepping in each space, all the work is done with the right leg.                                                                              |
|                               | The Left Legged Thrust  | 3    | Stepping in each space, all the work is done with the left leg.                                                                               |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.                                                              |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.                                                          |
| <b>Dots/Cones</b>             |                         |      |                                                                                                                                               |
|                               | Four Corners            | 6    | Run around in a square. Go straight, carioca, back peddle, and carioca.                                                                       |
|                               | Pro Agility             | 6    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end. |

## WEEK 1 - FRIDAY

| EXERCISE               | DRILL                 | SETS | DESCRIPTION                                                                                                                                   |
|------------------------|-----------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| Stretching and Warm-up |                       |      |                                                                                                                                               |
| Agility Ladder         | Two Step High Knees   | 4    | Players step into the spaces of the ladder as they move forward.                                                                              |
|                        | High Knees Ladder     | 4    | One foot per space, knees high.                                                                                                               |
| Dots/Cones             | The Up and Back Drill | 10   | Both feet split, both feet together, both feet split, and then jump backward.                                                                 |
|                        | Right Foot            | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2.                                                  |
|                        | Left Foot             | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.                                                    |
|                        | Four Corners          | 4    | Run around in a square. Go straight, carioca, backpeddle, and carioca.                                                                        |
|                        | Pro Agility           | 4    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end. |
| Speed Drills           | Sprint Pyramid        | 1    | Run 3 sprints of 10,20,30,20, and 10 yards.                                                                                                   |
|                        | Long Strides          | 2    | Run with strides 50% longer. Full length of the soccer field                                                                                  |

## WEEK 2 - MONDAY

| EXERCISE               | DRILL                   | SETS | DESCRIPTION                                                                                       |
|------------------------|-------------------------|------|---------------------------------------------------------------------------------------------------|
| Stretching and Warm-up |                         |      |                                                                                                   |
| Agility Ladder         | Two Step High Knees     | 6    | Players step into the spaces of the ladder as they move forward.                                  |
|                        | High Knees Ladder       | 6    | One foot per space, knees high.                                                                   |
|                        | The Right Legged Thrust | 4    | Stepping in each space, all the work is done with the right leg.                                  |
|                        | The Left Legged Thrust  | 4    | Stepping in each space, all the work is done with the left leg.                                   |
| Dots/Cones             | The Up and Back         | 10   | Both feet split, both feet together, both feet split, and then jump backward.                     |
|                        | Right Foot              | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2.      |
|                        | Left Foot               | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.        |
|                        | Both Feet               | 10   | Start on 1 and 2, then jump with both feet to 3,5,4,3,2,1.                                        |
|                        | 180                     | 10   | Jump to 3 with both feet, separate feet for 4 and 5, jump and turn and both feet on 3 and finish. |

## WEEK 2 - TUESDAY

| EXERCISE                      | DRILL                  | SETS | DESCRIPTION                                                                                                                                                                                                                                |
|-------------------------------|------------------------|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                        |      |                                                                                                                                                                                                                                            |
| <b>Agility Ladder</b>         | Two Step High Knees    | 4    | Players step into the spaces of the ladder as they move forward.                                                                                                                                                                           |
|                               | High Knees Ladder      | 4    | One foot per space, knees high.                                                                                                                                                                                                            |
| <b>Dots/Cones</b>             |                        |      |                                                                                                                                                                                                                                            |
|                               | Four Corner Drill      | 6    | Run around in a square. Go straight, carioca, back peddle, and carioca.                                                                                                                                                                    |
|                               | Pro Agility Drill      | 6    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end.                                                                                              |
|                               | 60 Yard Shuffle Drill  | 4    | Dots/Cones 5,10,15 yards from starting point. Sprint to first dot and back, second dot (back) and third dot (and back).                                                                                                                    |
|                               | Three Cone Drill       | 6    | Dots/Cones in "L" shape, 5 yards apart. Run up, back, up, and around corner. Run around far dot, back around corner, and finish past 1st dot.                                                                                              |
|                               | Nebraska Agility Drill | 4    | Dots/Cones 5 yards apart (one dot two yards to the right of the other). Begin next to one dot, run around opposite dot, back around the other dot, back and touch line parallel with dot, back peddle past other dot (past starting line). |
| <b>Speed Drills</b>           | Sprint Pyramid         | 1    | Run 3 sprints of 10,20,30,20, and 10 yards.                                                                                                                                                                                                |

## WEEK 2 - WEDNESDAY

| EXERCISE                      | DRILL                         | SETS | DESCRIPTION                                                                                  |
|-------------------------------|-------------------------------|------|----------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                               |      |                                                                                              |
| <b>Agility Ladder</b>         | Two Step High Knees           | 4    | Players step into the spaces of the ladder as they move forward.                             |
|                               | High Knees Ladder             | 4    | One foot per space, knees high.                                                              |
|                               | The Right Legged Thrust Drill | 3    | Stepping in each space, all the work is done with the right leg.                             |
|                               | The Left Legged Thrust Drill  | 3    | Stepping in each space, all the work is done with the left leg.                              |
|                               | The Double Foot Shuffle Drill | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.             |
|                               | The Single Foot Shuffle Drill | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.         |
| <b>Dots/Cones</b>             | The Up and Back Drill         | 10   | Both feet split, both feet together, both feet split, and then jump backward.                |
|                               | Right Foot Drill              | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2. |
|                               | Left Foot Drill               | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.   |

## WEEK 2 - THURSDAY

| EXERCISE                      | DRILL                         | SETS | DESCRIPTION                                                                                                                                                                                                                                |
|-------------------------------|-------------------------------|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                               |      |                                                                                                                                                                                                                                            |
| <b>Agility Ladder</b>         | Two Step High Knees           | 4    | Players step into the spaces of the ladder as they move forward.                                                                                                                                                                           |
|                               | High Knees Ladder             | 4    | One foot per space, knees high.                                                                                                                                                                                                            |
|                               | The Right Legged Thrust Drill | 3    | Stepping in each space, all the work is done with the right leg.                                                                                                                                                                           |
|                               | The Left Legged Thrust Drill  | 3    | Stepping in each space, all the work is done with the left leg.                                                                                                                                                                            |
| <b>Dots/Cones</b>             | Four Corner Drill             | 4    | Run around in a square. Go straight, carioca, back peddle, and carioca.                                                                                                                                                                    |
|                               | Pro Agility Drill             | 4    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end.                                                                                              |
|                               | 60 Yard Shuffle Drill         | 4    | Dots/Cones 5,10,15 yards from starting point. Sprint to first dot and back, second dot (back) and third dot (and back).                                                                                                                    |
|                               | Three Cone Drill              | 4    | Dots/Cones in "L" shape, 5 yards apart. Run up, back, up, and around corner. Run around far dot, back around corner, and finish past 1st dot.                                                                                              |
|                               | Nebraska Agility Drill        | 4    | Dots/Cones 5 yards apart (one dot two yards to the right of the other). Begin next to one dot, run around opposite dot, back around the other dot, back and touch line parallel with dot, back peddle past other dot (past starting line). |

## WEEK 2 - FRIDAY

| EXERCISE                      | DRILL                 | SETS | DESCRIPTION                                                                                                                                   |
|-------------------------------|-----------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                       |      |                                                                                                                                               |
| <b>Agility Ladder</b>         | Two Step High Knees   | 4    | Players step into the spaces of the ladder as they move forward.                                                                              |
|                               | High Knees Ladder     | 4    | One foot per space, knees high.                                                                                                               |
| <b>Dots/Cones</b>             | The Up and Back Drill | 10   | Both feet split, both feet together, both feet split, and then jump backward.                                                                 |
|                               | Right Foot            | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2.                                                  |
|                               | Left Foot             | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.                                                    |
|                               | Four Corners          | 4    | Run around in a square. Go straight, carioca, backpeddle, and carioca.                                                                        |
|                               | Pro Agility           | 4    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end. |
| <b>Speed Drills</b>           | Sprint Pyramid        | 1    | Run 3 sprints of 10,20,30,20, and 10 yards.                                                                                                   |
|                               | Short Choppy Steps    | 2    | Run the length of the field with short, powerful strides.                                                                                     |

## WEEK 3 - MONDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                  |
|-------------------------------|-------------------------|------|----------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                              |
| <b>Agility Ladder</b>         | Two Step High Knees     | 6    | Players step into the spaces of the ladder as they move forward.                             |
|                               | High Knees Ladder       | 6    | One foot per space, knees high.                                                              |
|                               | The Right Legged Thrust | 4    | Stepping in each space, all the work is done with the right leg.                             |
|                               | The Left Legged Thrust  | 4    | Stepping in each space, all the work is done with the left leg.                              |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.             |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.         |
| <b>Dots/Cones</b>             | The Up and Back         | 10   | Both feet split, both feet together, both feet split, and then jump backward.                |
|                               | Right Foot              | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2. |
|                               | Left Foot               | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.   |

## WEEK 3 - TUESDAY

| EXERCISE                      | DRILL               | SETS | DESCRIPTION                                                                                       |
|-------------------------------|---------------------|------|---------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                     |      |                                                                                                   |
| <b>Agility Ladder</b>         | Two Step High Knees | 6    | Players step into the spaces of the ladder as they move forward.                                  |
|                               | High Knees Ladder   | 6    | One foot per space, knees high.                                                                   |
| <b>Dots/Cones</b>             | The Up and Back     | 10   | Both feet split, both feet together, both feet split, and then jump backward.                     |
|                               | Right Foot          | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2.      |
|                               | Left Foot           | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.        |
|                               | Both Feet           | 10   | Start on 1 and 2, then jump with both feet to 3,5,4,3,2,1.                                        |
|                               | 180                 | 10   | Jump to 3 with both feet, separate feet for 4 and 5, jump and turn and both feet on 3 and finish. |
| <b>Speed Drills</b>           | Sprint Pyramid      | 1    | Run 3 sprints of 10,20,30,20, and 10 yards.                                                       |
|                               | Sprint and Jog      | 4    | Run the length of the field (end line to end line) sprinting then jogging for 10 yards at a time. |

## WEEK 3 - WEDNESDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                                                                   |
|-------------------------------|-------------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                                                                               |
| <b>Agility Ladder</b>         | Two Step High Knees     | 4    | Players step into the spaces of the ladder as they move forward.                                                                              |
|                               | High Knees Ladder       | 4    | One foot per space, knees high.                                                                                                               |
|                               | The Right Legged Thrust | 3    | Stepping in each space, all the work is done with the right leg.                                                                              |
|                               | The Left Legged Thrust  | 3    | Stepping in each space, all the work is done with the left leg.                                                                               |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.                                                              |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.                                                          |
| <b>Dots/Cones</b>             | Four Corners            | 6    | Run around in a square. Go straight, carioca, back peddle, and carioca.                                                                       |
|                               | Pro Agility             | 6    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end. |
|                               | 60 Yard Shuffle         | 4    | Dots/Cones 5,10,15 yards from starting point. Sprint to first dot and back, second dot (back) and third dot (and back).                       |

## WEEK 3 - THURSDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                                                                   |
|-------------------------------|-------------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                                                                               |
| <b>Agility Ladder</b>         | Two Step High Knees     | 4    | Players step into the spaces of the ladder as they move forward.                                                                              |
|                               | High Knees Ladder       | 4    | One foot per space, knees high.                                                                                                               |
|                               | The Right Legged Thrust | 3    | Stepping in each space, all the work is done with the right leg.                                                                              |
|                               | The Left Legged Thrust  | 3    | Stepping in each space, all the work is done with the left leg.                                                                               |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.                                                              |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.                                                          |
| <b>Dots/Cones</b>             |                         |      |                                                                                                                                               |
|                               | Four Corners            | 6    | Run around in a square. Go straight, carioca, back peddle, and carioca.                                                                       |
|                               | Pro Agility             | 6    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end. |

## WEEK 3 - FRIDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                  |
|-------------------------------|-------------------------|------|----------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                              |
| <b>Agility Ladder</b>         | Two Step High Knees     | 4    | Players step into the spaces of the ladder as they move forward.                             |
|                               | High Knees Ladder       | 4    | One foot per space, knees high.                                                              |
|                               | The Right Legged Thrust | 3    | Stepping in each space, all the work is done with the right leg.                             |
|                               | The Left Legged Thrust  | 3    | Stepping in each space, all the work is done with the left leg.                              |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.             |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.         |
| <b>Dots/Cones</b>             | The Up and Back         | 10   | Both feet split, both feet together, both feet split, and then jump backward.                |
|                               | Right Foot              | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2. |
|                               | Left Foot               | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.   |
|                               | Both Feet               | 10   | Start on 1 and 2, then jump with both feet to 3,5,4,3,2,1.                                   |

## WEEK 4 - MONDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                                                                   |
|-------------------------------|-------------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                                                                               |
| <b>Agility Ladder</b>         | Two Step High Knees     | 4    | Players step into the spaces of the ladder as they move forward.                                                                              |
|                               | High Knees Ladder       | 4    | One foot per space, knees high.                                                                                                               |
|                               | The Right Legged Thrust | 3    | Stepping in each space, all the work is done with the right leg.                                                                              |
|                               | The Left Legged Thrust  | 3    | Stepping in each space, all the work is done with the left leg.                                                                               |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.                                                              |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.                                                          |
| <b>Dots/Cones</b>             | Four Corners            | 6    | Run around in a square. Go straight, carioca, back peddle, and carioca.                                                                       |
|                               | Pro Agility             | 6    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end. |
|                               | 60 Yard Shuffle         | 4    | Dots/Cones 5,10,15 yards from starting point. Sprint to first dot and back, second dot (back) and third dot (and back).                       |
|                               | Three Corners           | 6    | Dots/Cones in "L" shape, 5 yards apart. Run up, back, up, and around corner. Run around far dot, back around corner, and finish past 1st dot. |

## WEEK 4 - TUESDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                  |
|-------------------------------|-------------------------|------|----------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                              |
| <b>Agility Ladder</b>         | Two Step High Knees     | 4    | Players step into the spaces of the ladder as they move forward.                             |
|                               | High Knees Ladder       | 4    | One foot per space, knees high.                                                              |
|                               | The Right Legged Thrust | 3    | Stepping in each space, all the work is done with the right leg.                             |
|                               | The Left Legged Thrust  | 3    | Stepping in each space, all the work is done with the left leg.                              |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.             |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.         |
| <b>Dots/Cones</b>             | The Up and Back         | 10   | Both feet split, both feet together, both feet split, and then jump backward.                |
|                               | Right Foot              | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2. |
|                               | Left Foot               | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.   |
|                               | Both Feet               | 10   | Start on 1 and 2, then jump with both feet to 3,5,4,3,2,1.                                   |

## WEEK 4 - WEDNESDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                                                                   |
|-------------------------------|-------------------------|------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                                                                               |
| <b>Agility Ladder</b>         | Two Step High Knees     | 4    | Players step into the spaces of the ladder as they move forward.                                                                              |
|                               | High Knees Ladder       | 4    | One foot per space, knees high.                                                                                                               |
|                               | The Right Legged Thrust | 3    | Stepping in each space, all the work is done with the right leg.                                                                              |
|                               | The Left Legged Thrust  | 3    | Stepping in each space, all the work is done with the left leg.                                                                               |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.                                                              |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.                                                          |
| <b>Dots/Cones</b>             | Four Corners            | 6    | Run around in a square. Go straight, carioca, back peddle, and carioca.                                                                       |
|                               | Pro Agility             | 6    | Dots/Cones form three lines, each 5 yards apart. Start at center line, run to one end, run to the other end line, and then back to other end. |
|                               | 60 Yard Shuffle         | 4    | Dots/Cones 5,10,15 yards from starting point. Sprint to first dot and back, second dot (back) and third dot (and back).                       |
|                               | Three Corners           | 6    | Dots/Cones in "L" shape, 5 yards apart. Run up, back, up, and around corner. Run around far dot, back around corner, and finish past 1st dot. |

## WEEK 4 - THURSDAY

| EXERCISE                      | DRILL            | SETS | DESCRIPTION                                                                                                                                                                                                                                |
|-------------------------------|------------------|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                  |      |                                                                                                                                                                                                                                            |
| <b>Dots/Cones</b>             | The Up and Back  | 10   | Both feet split, both feet together, both feet split, and then jump backward.                                                                                                                                                              |
|                               | Right Foot       | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2.                                                                                                                                               |
|                               | Left Foot        | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.                                                                                                                                                 |
|                               | Both Feet        | 10   | Start on 1 and 2, then jump with both feet to 3,5,4,3,2,1.                                                                                                                                                                                 |
|                               | 180              | 10   | Jump to 3 with both feet, separate feet for 4 and 5, jump and turn and both feet on 3 and finish.                                                                                                                                          |
|                               | 60 Yard Shuffle  | 4    | Dots/Cones 5,10,15 yards from starting point. Sprint to first dot and back, second dot (back) and third dot (and back).                                                                                                                    |
|                               | Three Corners    | 6    | Dots/Cones in "L" shape, 5 yards apart. Run up, back, up, and around corner. Run around far dot, back around corner, and finish past 1st dot.                                                                                              |
|                               | Nebraska Agility | 6    | Dots/Cones 5 yards apart (one dot two yards to the right of the other). Begin next to one dot, run around opposite dot, back around the other dot, back and touch line parallel with dot, back peddle past other dot (past starting line). |
| <b>Speed Drills</b>           | Sprint Pyramid   | 1    | Run 5 sprints of 10,20,30,20, and 10 yards.                                                                                                                                                                                                |
|                               | Sprint and Jog   | 2    | Run the length of the field (end line to end line) sprinting then jogging for 10 yards at a time.                                                                                                                                          |

## WEEK 4 - FRIDAY

| EXERCISE                      | DRILL                   | SETS | DESCRIPTION                                                                                  |
|-------------------------------|-------------------------|------|----------------------------------------------------------------------------------------------|
| <b>Stretching and Warm-up</b> |                         |      |                                                                                              |
| <b>Agility Ladder</b>         | Two Step High Knees     | 6    | Players step into the spaces of the ladder as they move forward.                             |
|                               | High Knees Ladder       | 6    | One foot per space, knees high.                                                              |
|                               | The Right Legged Thrust | 4    | Stepping in each space, all the work is done with the right leg.                             |
|                               | The Left Legged Thrust  | 4    | Stepping in each space, all the work is done with the left leg.                              |
|                               | The Double Foot Shuffle | 6    | Shuffle through the ladder side to side. Both feet should come out on each side.             |
|                               | The Single Foot Shuffle | 6    | Shuffle through the ladder side to side. Just one foot should come out on each side.         |
| <b>Dots/Cones</b>             | The Up and Back         | 10   | Both feet split, both feet together, both feet split, and then jump backward.                |
|                               | Right Foot              | 10   | Begin on dots 1 and 2, jump to dot 3 with right foot. Then on right foot jump to: 5,4,3,1,2. |
|                               | Left Foot               | 10   | Begin on dots 1 and 2, jump to dot 3 with left foot. Then on left foot jump to: 5,4,3,1,2.   |
|                               | Both Feet               | 10   | Start on 1 and 2, then jump with both feet to 3,5,4,3,2,1.                                   |

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