

TECHNICAL STRENGTH PROGRAM TO IMPROVE SPEED & AGILITY



Prepared by John Abe

Former Professional Soccer Player

This program is based on Dr Yessis work on biomechanics and kinesiology and my study and experience in application with soccer players.

Program Description

The ability to run faster and make quicker cuts can be improved. In fact, a player's straight ahead speed and agility can be improved with minimal work by targeting the muscles and joints specifically involved in these actions.

In this program, players will learn a variety of specialized strength and flexibility exercises that are specific to running and cutting. As a positive side effect, the jumping and kicking ability will also be improved since many of the muscles and joints involved are the same.

This is a technical strength program. The exercises that the players will do are not intended to develop strength and muscle mass as typically thought of in a strength training program. They are developing strength to better execute the skills involved in the sport. It is skill-related strength, i.e., strength coupled with technique. Also, the use of elastic tubing is much safer for youngsters than using dumbbells and barbells. It is extremely difficult to overexert oneself with rubber tubing.

Thus, these exercises are very safe (even for 10 year olds) and research has shown that strength training at this age can actually improve and enhance the youngsters' growth pattern. There are no detrimental effects.

Why are these exercises call specialized?

Dr Yessis talks about the criteria for specialized strength exercises. The exercises in this program are specialized because they fulfill on or more of the following criteria:

1. The exercise duplicate the exact movement pattern witnessed in the key joint actions involved in running and cutting.
2. The exercise involves the same type of muscular contraction as used in the actual skill
3. The exercise develops strength in the same range of motion as in competitive play.

This is also an individualized program. Individualized training is one of the components that all great soccer players add to their regular training. To achieve their fullest, players need to work on their own on specific areas of improvements and also to take extra care of their body (resting adequately and eating and hydrating well).

There is not a define number of sets and repetitions we can impose to players. They all are different and they need to fine tune those parameters. A good start point perhaps could be to start doing this program twice a week. Each exercise could be done 1 time per work out (1 set) and start at 10 repetitions for example. Increase the repetitions and the resistance (color coded bands) when you feel is necessary to keep progress.

In short, this is a program to increase speed and quickness in a much quicker way than just making players do additional running. With each exercised presented below, you will find the explanation of why these exercises are important for speed performance and agility improvement. Then, it is very important the how – the appropriate execution by players, which I explain step by step. I feel it is important that parents get involved the first couple of weeks with their child to ensure the proper technique, which I will demonstrate.

In the first session at our practice site, I will cover all 10 first exercises in detail. In August/September, once players demonstrate they mastered these 10 exercises, I will show them the next 10. (I will also incorporate little modules of coordination work when the season starts). In this handout, you will have also a reference to a page number from Dr Yessis book “Women’s Soccer” for each exercise in case you want to follow up with further discussion and pictograms, but this is not necessary as I detailed each step of execution here.

Enjoy!

Notes:

○ Progress Sheets

At the end of the program, I attach a good amount of progress sheets so the players can keep track of their work and show coaches if necessary.

○ The book

Women’s Soccer “Using Science to Improve Speed” by Dr Michael Yessis can be purchased at dryessis.com. This book not needed though to work this program.

○ Bands (aka Active Cords or Rubber Tubing) Notes

Rubber tubing equipment can be purchased via the internet at: dryessis.com. You can order extra accessories from there as needed if you already have your bag.

Also alternatively, visit www.performbetter.com for rubber tubing equipment

→ BEFORE STARTING:**1. Active Stretches**

Players should do active stretches before starting doing the exercises. Our players are very familiar with this sequence of active stretches as we do it for warm-ups at practice and in our pre-game routine. Their execution technique has improved greatly over the last season. Information on benefits and execution of this stretches is on chapter 7 (page 133 -145) of Dr Yessis book. New players not familiar yet with this routine should warm up actively (no static stretches!)

A good set of active stretches to be done are:

- Squads
- Lunges (Front)
- Good Morning
- Lower back stretches
- Throw ins (trunk and shoulder joint flexion/extension)
- Arm movement (elbow and shoulder joint flexion/extension)
- Soft Neck movements

2. Check List

- a) Are you doing this program at a time where you are alert & energetic? Y / N
- b) Are you warming-up (light jogging & active stretches) before doing the bands? Y / N
- c) Are you doing one set of each exercise? Y / N
- d) Are you increasing a couple of reps (up to 20), if needed, every other week? Y / N
- e) Are you using different speeds of execution to accustom the muscles to changes in running speed and quickness of cutting movements? Y / N
- f) When using bands, in the starting position, is there some tension on tubing? Y / N

I. STRAIGHT AHEAD SPEED

Although this first block of 4 exercises mainly contribute to straight ahead speed, they also contribute on helping a player's cutting ability.

1. FORWARD KNEE DRIVE

- **Goal (note to player and parent coach)**

We want to duplicate, using proper technique, the action of driving the thigh **forward** (not upwards) in the running stride and after executing a cut. A powerful forward knee drive is a high speed generator! This specialized strength exercise:

- Improves the technique and strength of the forward knee drive during **the flight phase**.
- Is also helpful to improve the technique of the action of taking a first quick step.

Note: The flight phase starts when the support foot breaks with the ground (body is airborne) and it ends when support begins with the other foot. The ideal situation is to utilize the forces generated in the push-off phase to cover **the optimal but not maximal distance**.

- **Summary**

This exercise is "Needed to duplicate the action of driving the thigh forward in the running stride and after executing a cut. It is also important when taking a quick first step."

Follow up on page 85 of Yessis' book as needed

- **Execution**

1.1 Cord attached to stationary object <u>about knee height</u>	_____
1.2 <u>Beginning</u> : Shin remains parallel during the initial forward drive	_____
Note: Some forward lean may be needed to get the leg back	
1.3. Player stands erect	_____
(Uses stationary object to hold onto or put hand on assistant for stability)	
1.4. Thigh is driven forward vigorously	_____
1.5. <u>End</u> : Thigh stops when it is approximately 45-degrees forward	_____

2. **KNEE EXTENSIONS**

- **Goal (note to player and parent coach)**

We want to duplicate, using proper technique, the action of swinging the shin out **during the flight phase** when running and cutting. This specialized strength exercise:

- Prevents “sitting” during **the landing phase** (i.e. when full contact with ground takes place, muscles need to hold you upright instead of letting you sink). In other words, we are trying to avoid up and down motion which expend energy and makes you less efficient in your run.
- **Muscle trained: quadriceps femoris muscle group.** Strengthening this muscles also prevents common knee problems.

Note: The landing sub-phase (part of the support phase) begins when foot makes contact with the ground and it ends when the ankle starts extending, which is the beginning of the push-off sub-phase.

- **Summary**

This exercise “Strengthens the quadriceps muscle (this prevents common knee problems). Knee extensions also play a role in swinging the shin out when running and cutting.”

Follow up on page 79 of Yessis’ book as needed

- **Execution**

2.1 Cord attached to stationary object <u>at knee or below knee height</u>	_____
2.2 <u>Beginning</u> : Bring thigh up to about 45-degrees angle with the shin folded	_____
2.3 Swing shin out until leg is straight (<u>End</u>)	_____
(There may be slight natural movement of the thigh upward or downward as the leg is completely extended. This makes the exercise safer.)	

3. STANDING LEG CURL

- **Goal (note to player and parent coach)**

“Increased hamstring muscle strength helps stabilize the knee and to prevent lower thigh hamstring injuries. It can also be used to correct excessive inward or outward rotation of the feet.”

Follow up on page 80 of Yessis’ book as needed.

- **Execution**

3.1 Cord is attached to stationary object <u>about knee height</u> _____
3.2 <u>Beginning</u> : Leg is raised straight about 45 degrees _____
3.3 Hold thigh in place as you bend the knee to bring the shin under the thigh(<u>End</u>) _____
(There may be slight natural movement of the thigh upward or downward as the leg is folded. This makes the exercise safer.)

4. PAWBACK (Leg Pulldown)

• **Goal (note to player and parent coach)**

During the flight phase, and in preparation for landing, when the front leg is fully straightened, it is desired that this leg is driven down and back (pawback action). We want to duplicate this action, using proper technique. This specialized strength exercise:

- Helps you achieve a stronger pawback action, which allows to create more force when the leg about to land makes contact with the ground.
- Muscles trained: hamstring and gluteus maximus

• **Summary**

This exercise is “Needed to improve the thigh pullback action which occurs in preparation for touchdown in running and when taking a long second step.”

Follow up on page 86 of Yessis’ book as needed.

• **Execution**

4.1 <u>Beginning</u> : Cord is about 45-degrees when player raises leg to a below parallel position	_____
4.2 Player stands erect	_____
4.3 Straighten the leg and pull down and back fairly vigorously	_____
4.4 <u>End</u> : Land on the whole foot or ball of foot under body or slightly to the rear	_____

5. TOE RAISES

- **Goal (note to player and parent coach)**

We want to duplicate, with proper technique, ankle dorsiflexion (raising the toe part of the foot) as the shin swings out during the flight phase in running and cutting. This specialized strength exercise:

- Allows for greater speed of shin movement
- Allows you to land more on the ball of the foot or mid-foot when you bring the leg down and back.
- Prevents shin splints

- **Summary**

“The purpose here is to duplicate the raising of the front part of the foot as occurs during the forward swing of the shin in running and cutting and to help prevent shin splints.”

Follow up on page 77 of Yessis’ book as needed

- **Execution**

5.1 <u>Beginning</u> : Toes are pointed as far as possible away from player	_____
5.2 Pull toe-ball area of the foot back toward the shin as far as possible	_____
5.3 <u>End</u> : Hold for one or two seconds.	_____

6. HEEL RAISES

- **Goal (note to player and parent coach)**

“Needed to strengthen the muscles involved in ankle joint extension – the key joint action in running and to a good extent in cutting”

Follow up on page 77 of Yessis’ book as needed

- **Execution**

6.1 <u>Beginning</u> : Stand on a step on the balls of the feet so that heels are free to move.	_____
6.2 Keep the legs straight and lower the heels until player feels a stretch in the Achilles’ tendon.	_____
6.3 <u>End</u> : Rise up as high as possible and holds for one to two seconds.	_____

II. CORE

The following core exercises help in the improvement of both straight ahead speed and agility.

7. REVERSE SIT-UP

- **Goal (note to player and parent coach)**

“Used to strengthen the lower section of the abdominals through a full range of motion. This muscles work to rotate the hips so that the hip flexors can drive the thigh forward more forcefully. Thus, this exercise is especially important for increasing speed because of the faster thigh drive in running. It also improves driving the thigh forward when taking the first step in a cutting action and to start running.”

- **Execution**

7.1 <u>Beginning</u> : Player lies on back with arms alongside the body, feet off the floor, knees bent and thighs vertical.	_____
7.2 Raise hips and legs until hips are off the floor (pushing down with hands to help raise hips is good)	_____
7.3 Knees are kept bent tightly as exercise is done	_____
7.4 Head and shoulders are relaxed throughout the upward movement	_____
7.5 <u>End</u> : Knees are about chest-high	_____

8. “SUPERMAN” BACK RAISES

- **Goal (note to player and parent coach)**

“Needed to strengthen the lower back muscles, which enables you to maintain an erect trunk position while running and cutting and helps prevent lower back injury.”

- **Execution**

8.1 Lie on mat; legs together and arms extended out approximately parallel.	_____
8.2 Slowly raise upper body and legs off floor.	_____
Note: Lift legs and upper body slowly with no jerking or fast movements.	_____
8.3 Lower upper body and legs to floor.	_____

9. REVERSE Trunk Twist (Oblique Abdominals)

- **Goal (note to player and parent coach)**

“Develops midsection flexibility and strength of the abdominal oblique muscles. They play an important role in keeping the hips and shoulders from rotating excessively in running.”

- **Execution**

9.1 Arms are perpendicular to trunk (body forms letter “T”)	_____
9.2 Player holds 90 degree angle in the hip joints	_____
9.3 Player touches floor with the outside of his lower foot	_____

III. FOOT STRENGTHENING WORK

Before the ankle joint work for agility improvement, I want the players to do foot strengthening work by using some marbles:

10. PICKING UP MARBLES WITH THE TOES

- **Goal (note to player and parent coach)**

Our goal is that all our players start being aware of the importance of having strong feet in order to have a stable base, to keep them well positioned when running, cutting, kicking, jumping etc. and to allow for control of impact forces.

Periodic and consistent work strengthening the foot will enhance your child's performance. Please, see page 72-75 in Dr Yessis book for a great treatment of the importance of foot strengthening.

Besides this exercise with the marbles, make sure your kid walks barefoot often. They should also consider incorporating walking barefoot on the balls of their feet to their foot strengthening training.

- **Execution**

- Spread out a bunch of marbles on the floor in front of a chair
- Sit down on the chair
- Put your barefoot on top of the marbles and pick as many as possible with the toes
- Hold the marbles in the toes and then raise the leg and bring the foot inward to place the marbles in your opposite hand. Have fun!

10.1 Are you picking up marbles with the toes? <u>Y/N</u> and for how long? _____
10.2 Are you walking barefooted during the week? _____
10.3 Are you walking some on the balls of your feet (barefooted) during the week _____

AGILITY (CUTTING ACTIONS)

As I said, some of the straight ahead speed improvement exercises above contribute also to the improvement of the player's cutting ability. However, there are a large array of specialized strength exercises that are specific to cutting (Ankle Joint Abduction and Adduction, Hip Rotation, Hip Flexion, Hip Abduction and Adduction). The next section covers them.

IV. AGILITY: ANKLE WORK

11. ANKLE JOINT ABDUCTION

- Goal (note to player and parent coach)
 - Strengthen the ankle muscles that are used in the cutting action push off, that play a role in:
 - stopping forward momentum
 - allowing for full foot ground contact to prevent slipping.
 - Prevent ankle injury
- Summary
 - Follow up on page 100 of Yessis' book as needed
- Execution

Key >> pull foot towards outside

11.1 Ankle strap is on the inner side of player's mid foot.	_____
11.2 <u>Beginning</u> : Turn the sole of foot to the <u>inside</u> as far as possible (In this starting position, there should be ample tension on tubing)	_____
11.3 <u>End</u> : Player turns sole of his foot <u>outward</u> as far as possible against resistance	_____
Note: Player does not rotate shin, only his foot	_____

12. ANKLE JOINT ADDUCTION

- **Goal (note to player and parent coach)**

This action is the opposite to the ankle abduction above. Although not used in most of the cutting actions, it is important:

- To strengthen the muscles on the other side of the joint to help prevent injury.
- Because it is used in some kicks.

- **Summary**

- Follow up on page 101 of Yessis' book as needed

- **Execution**

Key >> pull foot towards inside

12.1 Ankle strap is on the outer side of player's mid foot.	_____
12.2 <u>Beginning</u> : Turn the sole of your foot to the <u>outside</u> as far as possible	_____
(In this starting position, there should be ample tension on tubing)	
12.3 <u>End</u> : Player turns sole of his foot <u>inward</u> as far as possible against resistance	_____
Note: Player does not rotate shin, only his foot	_____

V. AGILITY: HIP ROTATION

13. LATERAL HIP JOINT ROTATION

- Goal (note to player and parent coach)

Strengthening the muscles involved in rotating the hips when executing a cutting action. Makes your cuts and feints more effective.

- Execution

Key >> pulling BOTH foot and leg towards outside

13.1 Ankle strap is on the inner side of player's mid foot.	_____
13.2 <u>Beginning</u> : Turn the sole of <u>your foot and leg</u> to the <u>inside</u> as far as possible	_____
(In this starting position, there should be ample tension on tubing)	
13.3 <u>End</u> : Turn sole of your foot AND leg <u>outward</u> as far as possible against resistance	_____
Note: Player does rotate shin and foot	_____

14. MEDIAL HIP JOINT ROTATION

- Goal (note to player and parent coach)

Strengthening the muscles involved in rotating the hips when the hips are in motion.

- Execution

Key >> pull BOTH foot and leg towards inside

14.1 Ankle strap is on the outer side of player's mid foot.	_____
14.2 <u>Beginning</u> : Turn the sole of <u>your foot and leg</u> to the <u>outside</u> as far as possible	_____
(In this starting position, there should be ample tension on tubing)	
14.3 <u>End</u> : Turn sole of your foot <u>inward</u> as far as possible against resistance	_____
Note: Player does rotate shin and foot	_____

15. HIP ROTATION

• **Goal (note to player and parent coach)**

To be able to rotate your hips in one direction while facing another direction. This is a key element in all cutting actions. Doing this exercise will help you in:

- **faking better your opponents**
- **running in one direction while facing game action in a different direction**

• **Execution**

HIP ROTATION TO THE LEFT

15.1 Attach belt around the hips and secure it firmly.	_____
15.2 <u>Beginning</u> : Attach cord to the ring on the right hip and stand with right side in line with attachment of the other end of tubing	_____
(In this starting position, there should be tension on tubing)	
15.3 Shift your weight onto left leg	_____
15.4 <u>End</u> : Turn your hips to the left against resistance;	_____
Note: Keep your head & shoulders in place as you turn your hips	_____

Note: Do not forget to do the ROTATION TO THE RIGHT once done with the above.

VI. AGILITY: HIP FLEXION

Here are some very important introductory exercises for the hip flexors and joints: the Lunge, the Side Lunge.

16. THE LUNGE

- **Goal (note to player and parent coach)**

This is a very important exercise for cutting actions and for getting low. It will help to actively stretch the hip flexors and to strengthen the quadriceps and hamstring muscles. Benefits include:

- Acquiring the flexibility and strength needed to take a long low step when reaching for the ball.
- Getting the body low when changing directions.

- **Summary**

- Players are very familiar with this one from practice and pre-game. The main thing is to keep the trunk erect as player is descending and his back leg should be kept straight but relaxed
- Follow up on page 83 of Yessis' book as needed

- **Execution**

16.1 Step forward with a very long stride keeping trunk erect	_____
Note: Produce a strong a push-off with the planted foot	_____
Note: In the bottom position, your front shin is directly on top of heel	_____
(Player has approximately 90-degrees of flexion)	
Note: In the bottom position, player's back leg is straight but relaxed	_____

Note: When you get good at it, you can use the belt to add some resistance.

17. THE SIDE LUNGE

- **Goal (note to player and parent coach)**

This is a very important exercise to improve cutting ability. It will help in getting additional flexibility in the hip joint by stretching and strengthening the adductor (groin) muscles, which are often injured in side movements. Benefits include :

- **Develop maximum range of motion and the ability to lower the body as needed when taking a long step out to the side.**
- **Prevent groin injuries**

- **Summary**

- **Players are very familiar with this one from practice and pregames. Main thing is to keep the trunk erect and drive hips sideways. Step out with a strong push-off with the inside leg**
- **Follow up on page 95 of Yessis' book as needed**

- **Execution**

17.1 Step sideways with a very long stride keeping trunk erect	_____
Note: Produce a strong a push-off with the planted foot	_____
Note: In the bottom position, your front shin is directly on top of heel	_____
(Player has approximately 90-degrees of flexion)	

Note: When you get good at it, you can use the belt to add some resistance.

VII. AGILITY: HIP ABDUCTION & ADDUCTION

As mentioned before, cutting actions involve some of the same leg and hip actions as used in running. However, there are also many movements that are specific to cutting. These exercises help build “stopping strength” and the key action to initiate the push-off in the new direction.

18. LEG ABDUCTION

- **Goal (note to player and parent coach)**

Leg abduction is the main action in stepping out to the side to plant the support (braking) leg as well as being the key action to initiate the push-off when driving the hips (body) in the new direction. Follow up on page 92 of Yessis’ book as needed.

- **Execution**

Note: The action in this exercise occurs in the HIP while the LEG is in motion.

18.1 Attach ankle strap around the lower leg to be in motion.	_____
18.2 Beginning: Attach cord at ankle height. Stand sideways with leg to be exercised furthest from attachment and cord across front of other leg.	_____
<u>(In this starting position, there should be tension on tubing)</u>	
18.3 Assume a well-balanced stance.	_____
18.4 End: Pull the leg out to the side as far as possible while keeping the trunk erect	_____
Note: Keep the leg straight (locked) and the toes pointed directly in front.	

19. HIP ABDUCTION

- **Goal (note to player and parent coach)**

To duplicate even more closely the action of driving the hips when pushing off in a cutting action, we do the hip abduction exercise with the hips in motion. Follow up on page 93 of Yessis’s book as needed.

- **Execution**

19.1 Attach belt around the hips and secure it firmly	_____
19.2 Beginning: Attach cord to the ring on the hip and stand in line with attachment of the other end of tubing	_____
<u>(In this starting position, there should be tension on tubing)</u>	
19.3 Keep the feet and shoulders in place and then drive the hips sideways	_____
19.4 After you master this action, pick up the non-support (outside) leg and step out as you drive the hips (entire upper body) with a strong push off the inside leg.	_____

20. HIP ADDUCTION

- **Goal (note to player and parent coach)**

Although hip joint adduction is not a key movement in cutting, it is important that the adductor muscles be strong to balance the abductor muscles and to prevent groin injury. Increased strength of the adductors is also important in pulling the outside leg in when going into the side running pattern, in initiating the thigh drive in running and when stepping out.

Follow up on page 93 of Yessis' book as needed.

- **Execution**

20.1 Attach ankle strap around the inner leg to be exercised _____
20.2 <u>Beginning</u> : Attach cord at ankle height. Stand sideways with leg to be exercised closest to the attachment and feet shoulder-width apart. _____
(In this starting position, there should be tension on tubing)
20.3 Shift your hips (weight) to the outside leg. _____
20.4 End: Keeping the leg to be exercised straight, pull it to the other leg _____
Note: Be sure to keep your upper body erect so that there is no side leaning during the pull. _____

**SPECIALIZED STRENGTH PROGRAM TO INCREASE SPEED and AGILITY
PLAYER PROGRESS SHEET (Page 1) – SPEED**

Initial Considerations for the sessions to be done at home:

- a) Are you doing this program at a time where you are alert & energetic?
- b) Are you warming-up (light jogging & active stretches OR a full warm-up like in games) before doing the bands?
- c) Are you using different speeds of execution to accustom the muscles to changes in running speed and quickness of cutting movements? High, Medium or Low
- d) When using bands, in the starting position, is there some tension on tubing?
- e) Annotate Date, Number of Sets, Repetitions and Speed in each cell: “1/1/2011 “, “1-12-M” (1 set, 12 repetitions and Medium Speed) – See example in 1st row

WEEK / DATE	Session#	I. STRAIGH AHEAD SPEED EXERCISES						II. CORE			III.FEET
		1. Forward Knee Drive	2. Knee Extensions	3. Standing Leg Curl	4. Paw Back	5. Toe Raises	6. Heel Raises	7. Reverse Sit-up	8. Superman Back Raise	9. Reverse Trunk Twist	10. Picking Marbles / Walking Bare foot
Week 1 1/1/2011	Session 1 1-12-M	√	√	√	√	√	√	√	√	√	√
	Session 2										
	Optional Session										
Week 2	Session 3										
	Session 4										
	Optional Session										
Week 3	Session 5										
	Session 6										
	Optional Session										
Week 4	Session 7										
	Session 8										
	Optional Session										

PLAYER PROGRESS SHEET (Page 2) - AGILITY

WEEK / DATE	Session#	IV. AGILITY: ANKLE WORK		V. AGILITY: HIP ROTATION			VI. AGILITY: HIP FLEXION		VII. AGILITY: HIP ABDUCTION/ADDUCTION		
		11. Ankle Abduction (Pulling foot towards outside)	12. Ankle Adduction (Pulling foot towards inside)	13.Lateral Hip Joint Rotation (Foot& Leg towards outside)	14.Medial Hip Joint Rotation (Foot& Leg towards inside)	15. Hip Rotation	16. Front Lunge	17. Side Lunge	18. Leg Abduction	19. Hip Abduction	20. Hip Adduction
Week 1	Session 1										
	Session 2										
	Optional Session										
Week 2	Session 3										
	Session 4										
	Optional Session										
Week 3	Session 5										
	Session 6										
	Optional Session										
Week 4	Session 7										
	Session 8										
	Optional Session										

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Week 5	Session 1										
	Session 2										
	Optional Session										
Week 6	Session 3										
	Session 4										
	Optional Session										
Week 7	Session 5										
	Session 6										
	Optional Session										
Week 8	Session 7										
	Session 8										
	Optional Session										

PLAYER PROGRESS SHEET (Page 2) - AGILITY

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Week 5	Session 1										
	Session 2										
	Optional Session										
Week 6	Session 3										
	Session 4										
	Optional Session										
Week 7	Session 5										
	Session 6										
	Optional Session										
Week 8	Session 7										
	Session 8										
	Optional Session										

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WEEK / DATE	Session#	I. STRAIGH AHEAD SPEED EXERCISES						II. CORE			III.FEET
		1. Forward Knee Drive	2. Knee Extensions	3. Standing Leg Curl	4. Paw Back	5. Toe Raises	6. Heel Raises	7. Reverse Sit-up	8. Superman Back Raise	9. Reverse Trunk Twist	10. Picking Marbles / Walking Bare foot
Week 9	Session 1										
	Session 2										
	Optional Session										
Week 10	Session 3										
	Session 4										
	Optional Session										
Week 11	Session 5										
	Session 6										
	Optional Session										
Week 12	Session 7										
	Session 8										
	Optional Session										

PLAYER PROGRESS SHEET (Page 2) - AGILITY

WEEK / DATE	Session#	IV. AGILITY: ANKLE WORK		V. AGILITY: HIP ROTATION			VI. AGILITY: HIP FLEXION		VII. AGILITY: HIP ABDUCTION/ADDUCTION		
		11. Ankle Abduction (Pulling foot towards outside)	12. Ankle Adduction (Pulling foot towards inside)	13.Lateral Hip Joint Rotation (Foot& Leg towards outside)	14.Medial Hip Joint Rotation (Foot& Leg towards inside)	15. Hip Rotation	16. Front Lunge	17. Side Lunge	18. Leg Abduction	19. Hip Abduction	20. Hip Adduction
Week 9	Session 1										
	Session 2										
	Optional Session										
Week 10	Session 3										
	Session 4										
	Optional Session										
Week 11	Session 5										
	Session 6										
	Optional Session										
Week 12	Session 7										
	Session 8										
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**SPECIALIZED STRENGTH PROGRAM TO INCREASE SPEED and AGILITY
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Week 13	Session 1										
	Session 2										
	Optional Session										
Week 14	Session 3										
	Session 4										
	Optional Session										
Week 15	Session 5										
	Session 6										
	Optional Session										
Week 16	Session 7										
	Session 8										
	Optional Session										

PLAYER PROGRESS SHEET (Page 2) - AGILITY

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Week 13	Session 1										
	Session 2										
	Optional Session										
Week 14	Session 3										
	Session 4										
	Optional Session										
Week 15	Session 5										
	Session 6										
	Optional Session										
Week 16	Session 7										
	Session 8										
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Week 17	Session 1										
	Session 2										
	Optional Session										
Week 18	Session 3										
	Session 4										
	Optional Session										
Week 19	Session 5										
	Session 6										
	Optional Session										
Week 20	Session 7										
	Session 8										
	Optional Session										

PLAYER PROGRESS SHEET (Page 2) - AGILITY

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Week 17	Session 1										
	Session 2										
	Optional Session										
Week 18	Session 3										
	Session 4										
	Optional Session										
Week 19	Session 5										
	Session 6										
	Optional Session										
Week 20	Session 7										
	Session 8										
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Week 21 7/8/08-tues	Session 1										
	Session 2										
	Optional Session										
Week 22	Session 3										
	Session 4										
	Optional Session										
Week 23	Session 5										
	Session 6										
	Optional Session										
Week 24	Session 7										
	Session 8										
	Optional Session										

PLAYER PROGRESS SHEET (Page 2) - AGILITY

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Week 21	Session 1										
	Session 2										
	Optional Session										
Week 22	Session 3										
	Session 4										
	Optional Session										
Week 23	Session 5										
	Session 6										
	Optional Session										
Week 24	Session 7										
	Session 8										
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Week 25	Session 1										
	Session 2										
	Optional Session										
Week 26	Session 3										
	Session 4										
	Optional Session										
Week 27	Session 5										
	Session 6										
	Optional Session										
Week 28	Session 7										
	Session 8										
	Optional Session										

PLAYER PROGRESS SHEET (Page 2) - AG

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Week 25	Session 1										
	Session 2										
	Optional Session										
Week 26	Session 3										
	Session 4										
	Optional Session										
Week 27	Session 5										
	Session 6										
	Optional Session										
Week 28	Session 7										
	Session 8										
	Optional Session										

Notes: