



WARM UP & SPEED PROGRAM WEEKS 1 & 2

Warm Up Weeks 1 – 2 (20m zone set up 3 cones at 0, 10, 20)

Video #	Exercise (ES = Each Side / OTS = On The Spot / WB = Walk Back)
1	Shuttle jog
2	6 x Functional Squats OTS
3	Side shuffle 10m and return, jog 20m
3	Side shuffle 10m and return, jog 20m
4, 5, 6	Walking Leg swings, Walking Quad Stretch, Walking Knee Hug
-	Jog Return
7	6 x Adductor Squats ES - OTS
8	6 x Forward lunge walk with torso rotation ES - WB
9	Rhythm Skip 20m up and return
10	Jog 10m, Back pedal 10m
10	Jog 10m Back Pedal 10m return
9	Rhythm Skip 20m up and return
11	Carioca 10m return to jog 20m
11	Carioca 10m return to jog 20m

SPEED DEVELOPMENT PROGRAMS

Note: Due to players having speed on back to back evenings. Mon is dedicated to Acceleration and Explosiveness and Tuesday to Top Speed and Robustness.

MON Speed Development weeks 1- 2 (20m zone)

Video #	Exercise
1	Posture March 10m to A March to Stability Switches 4 ES
2	4 x Ankling March 5m to Ankling Bounces 5m to WB
3	4 x 4 ES Wall Slides OTS
4	4 x Marching Step Overs 5m to Step Overs Bounce 10m to WB
5	Acceleration Wall Drill (Marching 6 ES x 2 / Single Switches 6 ES x 4)
-	6 x 10m Strong Acceleration from Base position 1 min rest between reps

TUE Speed Development Weeks 1 – 2 (40m zone)

Video #	Exercise
6	2 x Build Ups (jog 10, Run 10, Accelerate 10m Sprint 10m)
7	4 x Force Switch ES
-	3 x 10m Strong Acceleration
-	3 x 30m Sprint with 2:15 min Rest
-	3 x 40m Sprint with 3:00 min Rest