



WARM UP & SPEED PROGRAM WEEKS 3 & 4

Warm Up Weeks 3 – 4 (30m zone set up 4 cones at 0, 10, 20 & 30m)

Video #	Exercise (ES = Each Side / OTS = On The Spot / WB = Walk Back)
1	Shuttle jog
2	6 x Functional Squats with stability Knee drive
3	Carioca 10m to Side shuffle 10m & Return
4	Walking Leg Swings to Floor sweeps 4 ES & Repeat
3	Carioca 10m to Side shuffle 10m & Return
-	Jog up and back
5	6 x Adductor Squats to 6 Adductor Slides OTS
6	Lateral Walk 10m, Overs and Unders 10m, Jog 10m
6	Lateral Walk 10m, Overs and Unders, 10m Jog 10m
7	Rhythm Skip 30m
8	Jog 10m turn and back pedal 10m then jog 10m
7	Rhythm for 30m
9	Carioca 15m turn, Carioca other side 15m
8	Jog 10m turn and back pedal 10m then jog 10m
10	10m High Knee run to 20m Run through and Repeat

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 3 - 4 (30m zone)

Video #	Exercise
1, 2, 3	'A' March 10m to Stability switches OTS to A Skips 10m
4	4 x Speed Ankling 10m to WB
5	4 x 4 ES Wall Slides OTS
6	4 x Step Over 10m to 20m Run through WB
7, 8	Acceleration Wall Drill (Single Switches 4 ES x 4 / Triple Switches x 3ES)
-	3 x 10m Strong Acceleration from Base position 1 min rest between reps
-	3 x 20m Strong Acceleration from Base position 2 min rest between reps

TUE Speed Development Weeks 3 – 4 (50m zone)

Video #	Exercise
9	2 x Build up Run (jog 10, Run 10, Accelerate 10m Sprint 10m)
-	2 x 10m Strong Acceleration
-	2 x 30m Sprint with 2:15 min Rest
-	2 x 40m Sprint with 3:00 min Rest
-	2 x 50m Sprint with 4:00 min Rest