

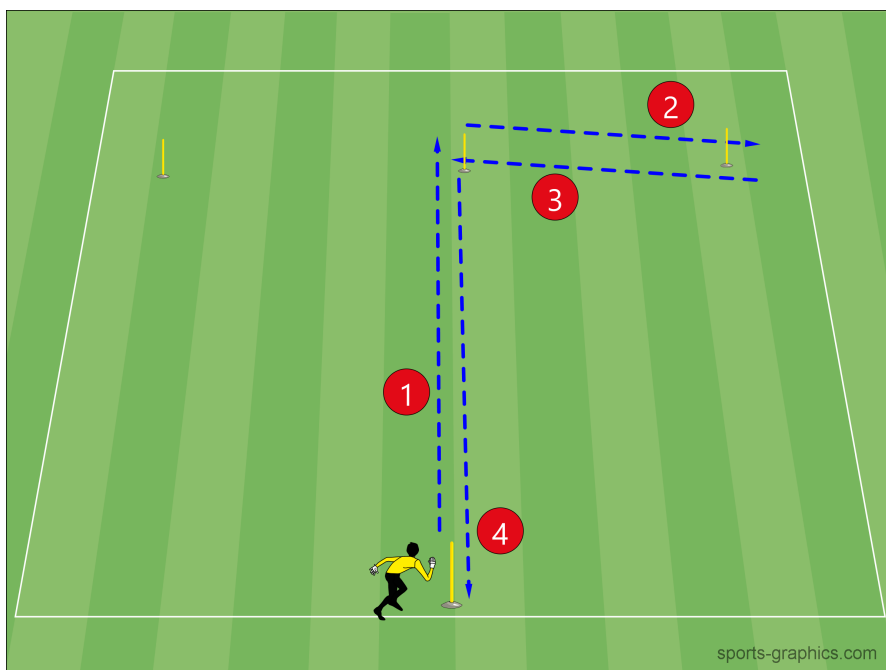
GK T-RUNS

To develop agility, balance, coordination and quickness

PHYSICAL

Conditioning

Agility, Balance,
Coordination and Speed



Arrange four poles 5-yards apart in a T formation.

The player starts on the left hand side of the first pole and accelerates to the middle pole.

The player turns around the pole and accelerates to the right hand side pole.

Player turns around that pole and returns to the right of the middle pole before finishing on the opposite side of the first pole.

Repeat by starting the player on the right of the first pole, accelerating to the right of the middle pole, turning and accelerating to the left hand side pole, and so on.

Ensure players work at a high intensity and use correct technique.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Ability to maintain short bursts of power or repeat high intensity movements in quick succession followed by periods of rest or low activity.
- Ability to maintain top speed for a longer period of time.
- Improve basic agility enabling players to accelerate, decelerate and change direction quickly while maintaining speed, body control and poise.
- Improve coordination, balance and foot speed.
- Players develop and improve sharp movements and increased reaction speed.
- Players will improve speed, agility, balance and coordination while developing overall running technique.
- Players will improve their maximum speed, agility and quickness.
- To maintain overall quality of performance while fatigued.

KEY FACTORS

- Explosive movements
- Increase arm speed when coming out of turns
- Keep head and eyes up
- Maintain correct running form
- Short explosive steps into the turn
- Stay light on feet
- Use running action with arms

FOCUS AREAS

- A player centred approach of the Four Corner Model – Technical, Tactical, Physical and Psychological.
- Actions should be performed at high speed with maximum intensity while maintaining good technique and high quality.
- All drills designed to improve speed and agility must be executed at maximum effort.
- As with all movement drills, ensure players stay relaxed and focused throughout.
- Build anaerobic (speed) endurance.
- Encourage rapid change of direction and acceleration.
- Ensure training is specific to football when possible.
- Progress training by increasing the intensity or duration to overload.
- Rhythm is essential - players should not be hesitant or be stop-start.

GK T-RUNS

To develop agility, balance, coordination and quickness

