

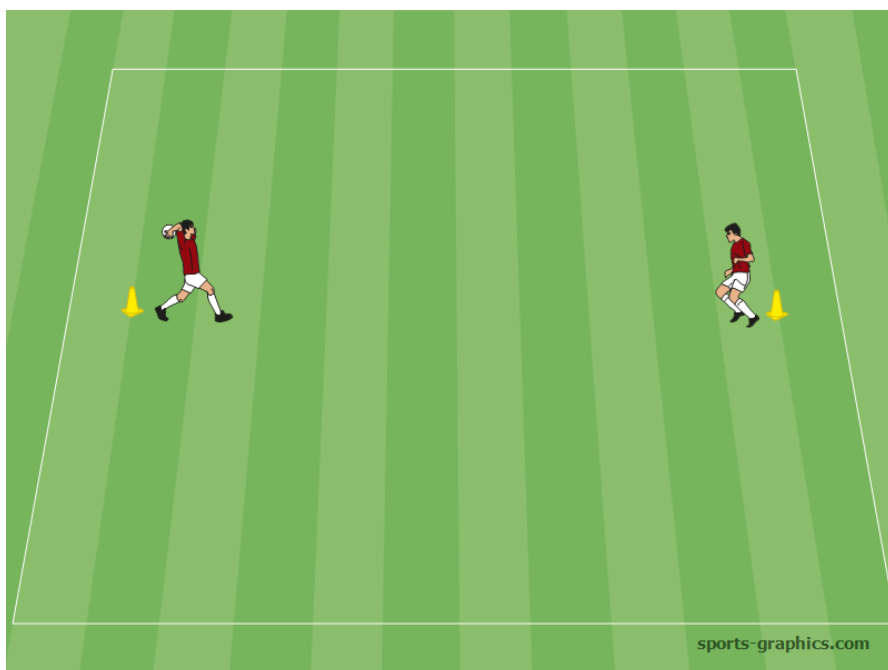
BALL DROPS

To develop agility, balance, coordination and quickness

PHYSICAL

Conditioning

Agility, Balance,
Coordination and Speed



Working in pairs, one player drops the ball at various distances and angles toward their partner.

The ball is dropped from shoulder height and the partner explodes forward and attempts to catch or control the ball before the second bounce.

Practice is repeated. Ensure time for rest periods and change roles frequently.

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.
- Improve basic agility enabling players to accelerate, decelerate and change direction quickly while maintaining speed, body control and poise.
- Players develop and improve sharp movements and increased reaction speed.

KEY FACTORS

- Explosive movements
- Keep head and eyes up
- Stay light on feet
- Use arms and legs to generate power
- Use running action with arms

FOCUS AREAS

- 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.

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