



INTERNATIONAL TALENT FOOTBALL CLUB

30-Minute Speed & Acceleration Training

DURATION

30 Minutes

EQUIPMENT

Ball, Cones,
Ladder

SPACE

20x30 feet

FOCUS

Speed &
Quickness

INTENSITY

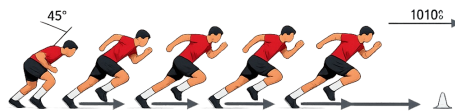
High

PART 1: Acceleration Development

7 MINUTES

1 Standing Starts & Acceleration

3 min



OBJECTIVE: Develop explosive first-step acceleration and proper running mechanics

INSTRUCTIONS:

1. Set up starting line and 10-yard finish line
2. Stand in athletic stance, feet shoulder-width apart
3. On "go" signal, explode forward with power
4. Drive knees high and pump arms powerfully
5. Lean forward at 45-degree angle for first 5 yards
6. Gradually rise to upright position at finish
7. Rest 20 seconds between sprints

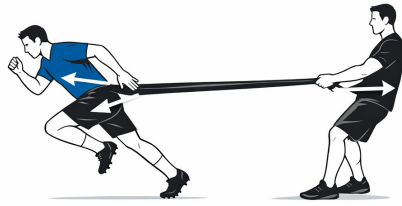
KEY POINTS:

- Push off balls of feet, not heels
- Stay low during initial acceleration
- Drive arms opposite to legs (forward arm with backward leg)
- First step should be powerful and low

★ PROGRESSION

- Beginner: 5-yard sprints, focus on technique
- Intermediate: 10-yard sprints, increase intensity
- Advanced: 15-yard sprints with rolling starts

RESISTED SPRINTS



OBJECTIVE: Build explosive power and stride force through resistance training

INSTRUCTIONS:

1. Partner holds resistance band/towel around your waist
2. Set up 10-yard sprint distance
3. Start in athletic stance with slight tension on resistance
4. On "go", sprint forward driving against resistance
5. Maintain low body angle throughout sprint
6. Focus on powerful knee drive and arm action
7. Partner provides steady, not excessive resistance

KEY POINTS:

- Resistance should be challenging but maintain good form
- Don't let resistance cause poor mechanics
- Explode forward with each stride
- Partner should follow, not pull backward

★ PROGRESSION

- Beginner: Light resistance, 5-yard sprints
- Intermediate: Moderate resistance, 10-yard sprints
- Advanced: Higher resistance, 15-yard sprints

PART 2: Maximum Speed & Efficiency

6 MINUTES

3 Flying Sprints

3 min



OBJECTIVE: Develop and maintain maximum speed with proper running mechanics

INSTRUCTIONS:

1. Set up 10-yard acceleration zone, 20-yard max speed zone
2. Start at beginning of acceleration zone
3. Accelerate through first 10 yards to reach max speed
4. Maintain maximum speed through 20-yard zone
5. Stay tall, knees driving high, arms pumping efficiently
6. Decelerate safely after max speed zone
7. Rest full recovery between attempts (60-90 seconds)

KEY POINTS:

- Reach full speed before entering max speed zone
- Stay relaxed, don't tense up at top speed
- Focus on stride frequency, not overstriding
- Sprint through the finish line, not to it

★ PROGRESSION

- Beginner: 5-10 yard max speed zone
- Intermediate: 15-20 yard max speed zone
- Advanced: 25-30 yard max speed zone

4 Sprint Mechanics Drills

3 min

OBJECTIVE: Perfect running technique through specific form drills

INSTRUCTIONS:

1. **A-Skips (30 sec):** Skip with high knees, knee at 90°, foot hits ground powerfully
2. **B-Skips (30 sec):** Similar to A-skip but extend leg forward before ground contact
3. **High Knees (1 min):** Run in place with knees driving hip high, quick rhythm
4. **Butt Kicks (1 min):** Run bringing heels to glutes with quick leg turnover
5. Focus on technique over speed initially

6. Gradually increase speed while maintaining form

KEY POINTS:

- Land on balls of feet, not heels
- Keep arms moving in proper running rhythm
- Stay upright with slight forward lean
- Maintain quick, controlled cadence

★ PROGRESSION

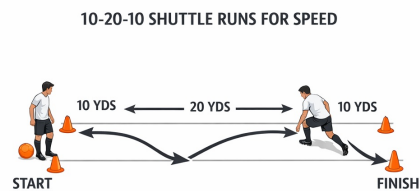
- Beginner: Focus on form, slower tempo
- Intermediate: Increase speed of drills
- Advanced: Add resistance bands

PART 3: Change of Direction & Deceleration

7 MINUTES

5 Pro-Shuttle Runs

3 min



OBJECTIVE: Improve acceleration, deceleration, and change of direction speed

INSTRUCTIONS:

1. Set up three lines 5 yards apart (start, 5y, 10y, 15y)
2. Start at middle line, turn right and sprint 5 yards to touch line
3. Sprint back across start line (10 yards), touch next line
4. Sprint back to start, turn left and sprint 5 yards to finish
5. Focus on sharp turns and explosive acceleration
6. Total distance: 30 yards (5-10-5-5-5 pattern)
7. Rest 30 seconds between attempts

KEY POINTS:

- Lower center of gravity before each turn
- Touch lines with hand (don't run past)
- Explode out of turns, don't hesitate
- Stay low for quick direction changes

★ PROGRESSION

- Beginner: Walk through pattern first
- Intermediate: Full speed with proper technique
- Advanced: Increase distance to 10-20-10

6 L-Serps with Deceleration

2 min

OBJECTIVE: Develop deceleration and re-acceleration capabilities

INSTRUCTIONS:

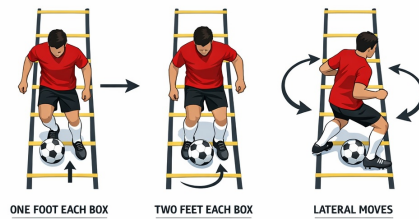
1. Set up 3 cones in L-shape (5 yards apart)
2. Sprint straight to first cone, decelerate and plant
3. Accelerate sideways to second cone
4. Decelerate and plant for 90-degree turn
5. Accelerate back to start line
6. Focus on controlled stops and explosive restarts
7. Repeat in opposite direction

KEY POINTS:

- Take shorter steps when decelerating
- Lower center of gravity before cuts
- Use proper cutting mechanics (inside/outside foot)
- Don't just run through, focus on stops

7 Ladder Speed Drills with Ball

2 min



OBJECTIVE: Improve foot speed, coordination, and quickness with ball control

INSTRUCTIONS:

1. **One-In (30 sec):** One foot per box, quick steps through ladder, dribble ball
2. **Two-In (30 sec):** Both feet in each box, lateral movement, control ball
3. **Ickey Shuffle (30 sec):** In-in-out pattern forward through ladder
4. **Lateral High Knees (30 sec):** Move sideways through ladder with high knees
5. Stay on balls of feet throughout all drills
6. Keep ball close with light touches

KEY POINTS:

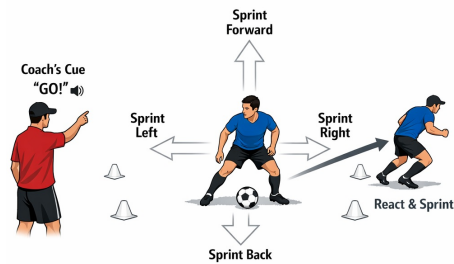
- Quick, light footwork in ladder boxes
- Don't touch ladder lines with feet
- Keep head up, focus on ball control
- Stay on toes for maximum quickness

PART 4: Reaction & Quickness

5 MINUTES

8 Reaction Sprints

3 min



OBJECTIVE: Improve reaction time and cognitive processing speed

INSTRUCTIONS:

1. Stand in athletic stance at center point
2. Partner/trainer stands 5 yards in front with ball
3. Partner throws ball or points in one of 4 directions
4. React instantly and sprint 5 yards in that direction
5. Control ball if thrown, or sprint to pointed direction
6. Return to start, reset immediately for next rep
7. Vary cues randomly for maximum reaction training

KEY POINTS:

- Stay in ready position, not relaxed
- React instantly, don't anticipate
- Explode in one motion, no false steps
- Stay low for first step acceleration

9 Mirror Drills

2 min

OBJECTIVE: Develop reactive quickness and speed through mirroring movements

INSTRUCTIONS:

1. Partner stands 2-3 yards away facing you
2. Both in athletic stance, balls at feet
3. Partner moves laterally, forward, or backward
4. Immediately mirror their movement pattern
5. Sprint in direction they move, staying close
6. Partner randomly changes direction every 2-3 seconds
7. Maintain ball control throughout

KEY POINTS:

- Watch partner's hips/center, not eyes or head
- Reaction should be instant, immediate first step
- Stay in athletic stance, don't stand up
- Keep ball close while moving

PART 5: Cool-Down & Recovery

5 MINUTES

10 Light Jog & Dynamic Stretching

5 min

INSTRUCTIONS:

1. **Light Jog (1 min):** Easy jogging to gradually lower heart rate
2. **Walking Lunges (1 min):** Forward lunges with light arm swings
3. **Leg Swings (1 min):** Front-to-back and side-to-side swings
4. **Quad Stretch (1 min):** Standing quad stretch, hold 20s each leg
5. **Hamstring Stretch (1 min):** Standing hamstring stretch, hold 20s each leg
6. Focus on deep breathing and muscle relaxation

KEY POINTS:

- Don't skip cool-down - essential for recovery
- Hold stretches gently, no bouncing
- Breathe deeply and slowly
- Gradually reduce intensity

⚠ SAFETY GUIDELINES

- ⚠ Ensure adequate space for sprints, clear area of hazards
- ⚠ Proper warm-up is essential before high-speed work
- ⚠ Use appropriate footwear with good traction
- ⚠ Allow full recovery between max-effort sprints
- ⚠ Stop immediately if you feel pain or discomfort
- ⚠ Focus on technique over intensity initially
- ⚠ Stay hydrated throughout the session

International Talent Football Club

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