

Soccer Speed Training Schedule

Some frequently asked questions Soccer Coaches have about coaching Speed during their training sessions:

- When is the best time to coach Speed, off-season, or pre-season?
- Should I be coaching Speed during the season?
- How long should the recovery sessions be, after coaching Speed?
- How long should the Speed sessions last?
- Should I be coaching Speed at the end or beginning of the training session?
- At what age group should Speed be taught?

A few basic guidelines for coaching Soccer Speed, for all age groups:

- Soccer Speed can and should be used in training sessions all year round.
- The Speed sessions should be introduced during the off-season, a couple of weeks after the season ends.
- The number of speed sessions should progressively increase in Pre-season training, before the pre-season practice matches begin.
- During the season the athletes should be training Quickness in every training session and Active & Reactive Speed & Complex Speed once per week.
- Some of the Complex training sessions on the DVD are very tiring and should only be attempted at the beginning of the training week.

The best way to train Soccer Speed is to incorporate it into the Weekly training programme. The Sessions on the DVD are designed to incorporate the use of footballs so you can work on Speed, Technically & Tactically, with your athletes. Speed work should be coached at the beginning of the training session following the warm-up, when the athletes are fresh and the nervous system is not fatigued.

Speed can be coached from the age of 7 with Quickness and footwork drills.

During the Off-season and the Pre-season, the Speed part of the training sessions should be as follows:

- Warm-up - 10-15 minutes
- Speed - 30 to 40 minutes
- Frequency - 3 times per week

During the Season Speed should be introduced 2 times per week:

- Warm-up - 10-15 minutes
- Speed - 20 to 30 minutes
- Frequency - 2 times per week

Below are two examples of Speed Training schedules to be followed during the season. Schedule 1 is for age groups 8 years old to 16. Schedule 2 is for age groups 17 years and above. (The schedules assume one game played per week)

You can adjust the times and days of the week to create your own schedule, depending on how often your team trains and plays. The best way to view the schedule is to pick a day and read down vertically to see the type of training that is scheduled for that day.

Dictionary

Homework: Assumes that there are only 2 – 3 training sessions per week and homework is given to athletes to be carried out on their own.

Type of Training Session: The focus of the training session depending on the day of the week

Type of exercises: The Speed and Technical drills to be coached

Warm-up Duration: The Duration of the Warm-up

Speed Duration: The Duration of the Speed Session as part of the overall training session

Tempo: The intensity of the training session

1. Training Schedule Soccer Speed - Under 8 to Under 16 - Speed Development

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type of Training Session	Recovery	Active & Reactive Speed	Quickness Homework	Active & Reactive Speed	Quickness Homework	Rest or Quickness Homework	GAME
Type of exercises	Warm-down	Pass & Move drills	Footwork drills	Pass & Move drills	Footwork drills	Footwork drills	Warm-up
	Walking Jogging	Small Sided games: 3V3 4V4	Ball skills	Small Sided games: 2V2, 5V5	Ball skills	Ball skills	Quickness Short Sprints
	Ball Skills	Change of Direction Drills	Ball drills	Change of Direction Drills	Quickness	Quickness	
Warm-up Duration	20 min	10 min	10 min	10 min	10 min	10 min	20 min
Speed Duration	No Speed on Recovery Days	20-30 min	30-40 min	30 min	30-40 min	20 min	Game duration
Tempo	Low	High	Low-medium	High	Low-medium	Low-medium	High
Focus on	Recovery	Tempo & Speed Technique	Technique	Tempo & Speed Technique	Technique	Technique	ALL

2. Training Soccer Speed - Under 17 to Professional Level -

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type of Training Session	Quickness	Complex Speed	REST	Active & Reactive	Quickness	GAME	RECOVERY
Type of exercises	Pass & Move drills	Explosive jumps		Pass & Move drills	Ball Drills	Warm-up	Warm-down
	Ball skills	Small Sided games: 3V3 2V2, 1V1		Small Sided games: 4V4 5V5	Short Sprints	Quickness Short Sprints	Walking Jogging
	Small Sided games: 4V4, 5V5	Change of Direction Drills		Shooting drills			Massage
Warm-up Duration	10 min	10 min		10 min	10 min	30 min	20 min
Speed Duration	30 min	30 - 40 min		30 min	20 min	Game duration 90 min	30 min
Tempo	Low-medium	High		High	Medium	High	Low
Focus on	Technique	Tempo & Speed Technique		Tempo & Speed Technique	Technique	ALL	Recovery