
8 DRILLS

EVERY
TRAINING
SESSION
NEEDS

Lucozade Sport

KIT-OUT
PROJECT

IN ASSOCIATION WITH

FourFourTwo
PERFORMANCE



DON'T WAIT: YOU ONLY HAVE UNTIL
APRIL 30 TO ENTER YOUR CODES

TRAIN SHARP PLAY SHARP

When a team practise with purpose, they play with form and focus. They're a tight, efficient, fit outfit; that's the only way they know – and it all comes from good training.

That's why throughout this season FourFourTwo Performance and Lucozade Sport have worked together to bring you regular training tips and inspiration. Now, we've collected all these nuggets into one download.

From making footwork fly to sharpening your shooting, here are the **Eight Drills Every Training Session Needs**. All the drills use kit that Lucozade Sport is giving away as part of its Kit-Out Project. And all come from FourFourTwo's pros panel.

This download is printable or easily viewed on a tablet or smartphone for mid-session reference.

You have till **April 30, 2015** to enter your Kit-Out Project codes online, and until **May 31, 2015** to claim your free gear.

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MEET THE PROS



Mathew Monte-Colombo
Strength and conditioning coach



Michael Watts
Aston Villa's head of performance



Michael Amoah
Elite sports scientist



Nick Grantham
Performance enhancement specialist



Jamie Reynolds
Performance coach



Callum Walsh
Head of athletic development, Wigan Athletic

MEET THE GEAR

FITNESS
TRAINING BALLS
Match endurance and technique
Drills #2 and #4

FITNESS
SLALOM POLES
Build your sprint stamina
Drill #1 and #4

AGILITY
AGILITY LADDER
Win every 50-50 challenge
Drills #4 and #8

AGILITY
FAST FEET
Develop quality, accurate technique
Drills #4 and #5

SKILLS
WATER BOTTLE
The ultimate killer circuit... stay hydrated
Drill #4

SKILLS
SHARP SHOOTING
Fully focused for the full 90 minutes
Drills #3 and #4

AGILITY
MAKING MOVES
Change direction, change the game
Drill #7

AGILITY
AGILITY RINGS
Boost your co-ordination
Drills #4 and #6

[#1 FITNESS]

BUILDING SPRINT STAMINA



Find yourself jogging on empty? Don't worry. Use this drill to work on match-winning sharpness fast



Mathew Monte-Colombo
Elite strength and conditioning coach

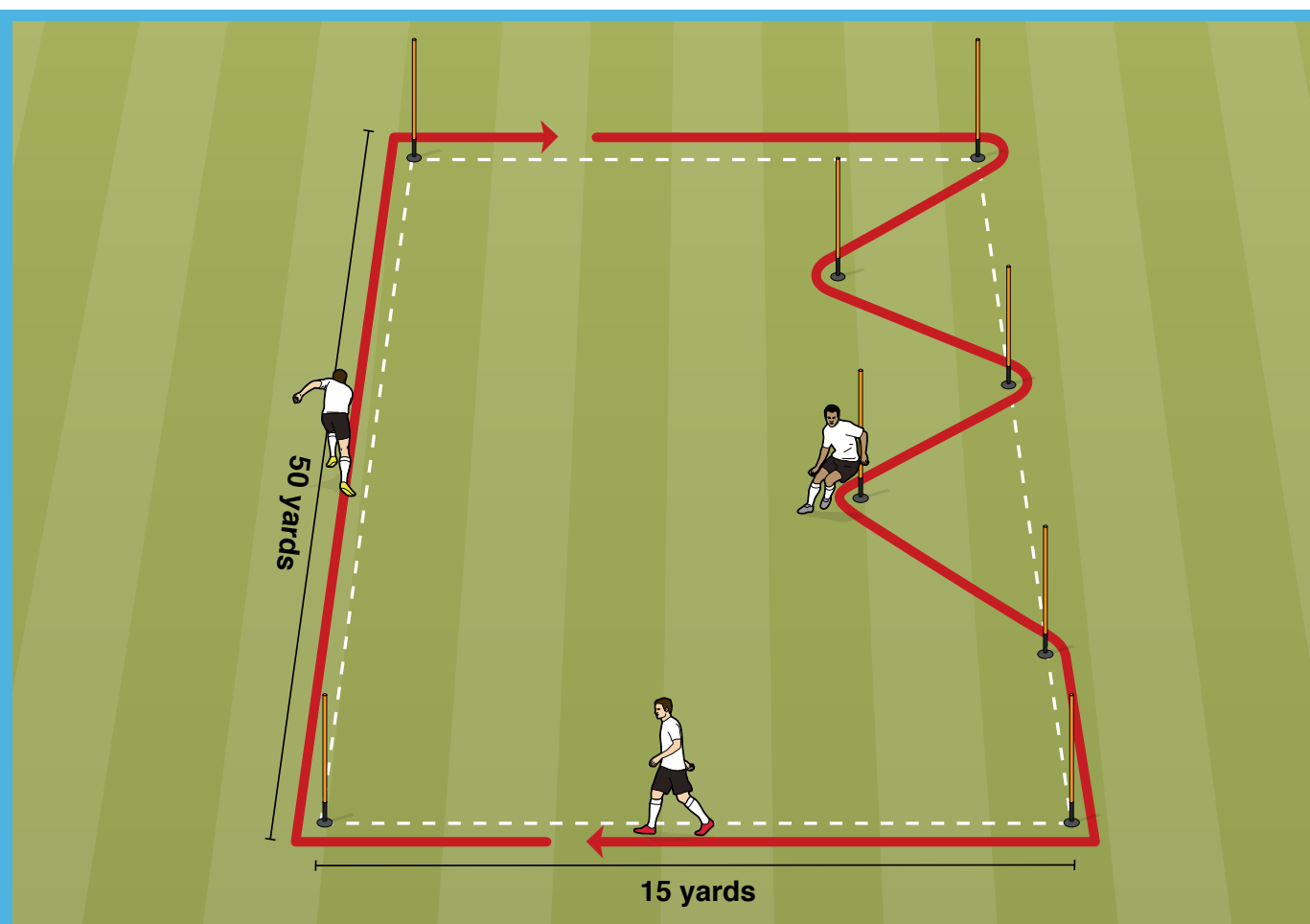
Fitness training for football used to involve gruelling cross-country runs, but if you just do that you'll find yourself struggling on the football pitch.

You need to build a base of fitness around endurance, and there's a time and a place for aerobic training – but you also need to focus on your ability to perform repeated sprints. Remember that game when Gareth Bale – then playing for Tottenham – destroyed Inter Milan's Maicon in the Champions League? How many metres do

you think he covered sprinting? An astonishing 719.

So what exactly do you define as a sprint? It's a run that's faster than seven metres per second – that works out at running the 100m in 14 seconds. If you're able to perform at a fraction of this level in the amateur game you'll have a huge advantage. Plus, football isn't played in straight lines; it involves stop-start direction changes.

To help you build anaerobic fitness and agility here's a drill that challenges you to develop both...



ENGAGE YOUR ENERGY TANK

SET-UP Make a rectangle with four poles. If you have the space, make it 50 yards long (goal-line to halfway line) and 15 yards across. Then position four poles in a zig-zag arrangement at 10m intervals down one of the long sides.

THE DRILL Run the course for four minutes, walking along the halfway and goal-lines for recovery. Work at maximum intensity for the rest of the exercise. See how many laps you can complete in this time. Do this three times.

PROGRESSION You can progress this drill in two ways. The simplest and most enjoyable is to do it with a ball at your feet. You can also add hurdles and ladders to the course to focus more on improving your agility and power.



ENERGISE YOUR ENDURANCE

Outrun your opponents with superior match-fitness thanks to this energy-boosting drill



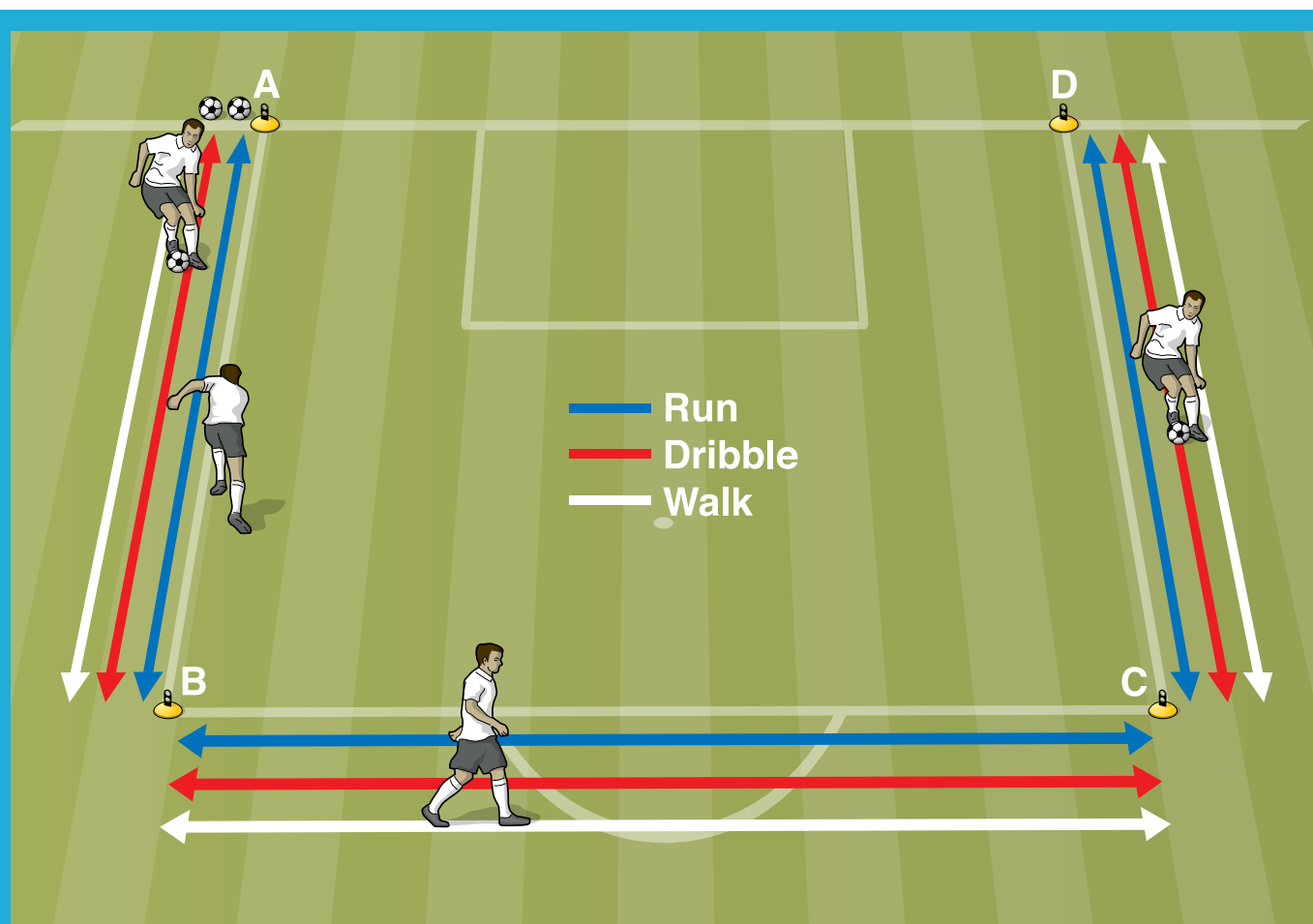
Michael Watts
Aston Villa's head of performance

As there's such a range of fitness levels in the grass-roots game, you can really elevate your team above the rest by training the right way.

If you can run harder for longer than your opponents – no matter how good they are technically – you'll give yourself a chance, especially when the game enters the final half hour.

This is the Box Drill. It develops aerobic endurance, which means your body can better supply oxygen to

your muscles during 90 minutes, making you fitter. In it, players walk and run – as they would in a game. It's not designed as a technical drill, but using footballs helps dribbling skills and also challenges you to stay in control of the ball when you're tired. It's also great for conditioning leg muscles and reducing the risk of hamstring, calf or quad injuries. I use this drill to either condition players returning from injury or when topping up fitness levels after the training session.



RAMP UP YOUR RUNNING

SET-UP Mark out the corners of the 18-yard-box with four marker cones. Now place two footballs next to cone A.

THE DRILL The player starts at cone A. On the coach's command they dribble a ball to cone B, then sprint

back to cone A and dribble the second ball to cone B. Once again they sprint back to cone A, before walking to cone B. They repeat this sequence around three sides of the box, as shown, until they return to cone A. Aim for 1-3 repetitions.

PROGRESSION Challenge the players to complete this course in four minutes. You can make it more difficult by adding slalom poles between the cones, forcing players to zig-zag between, working agility and ball control.

TRAIN TO BE A SHARP SHOOTER



Instantly ignite the reaction speed and the accuracy of your finishing with this rapid-fire drill



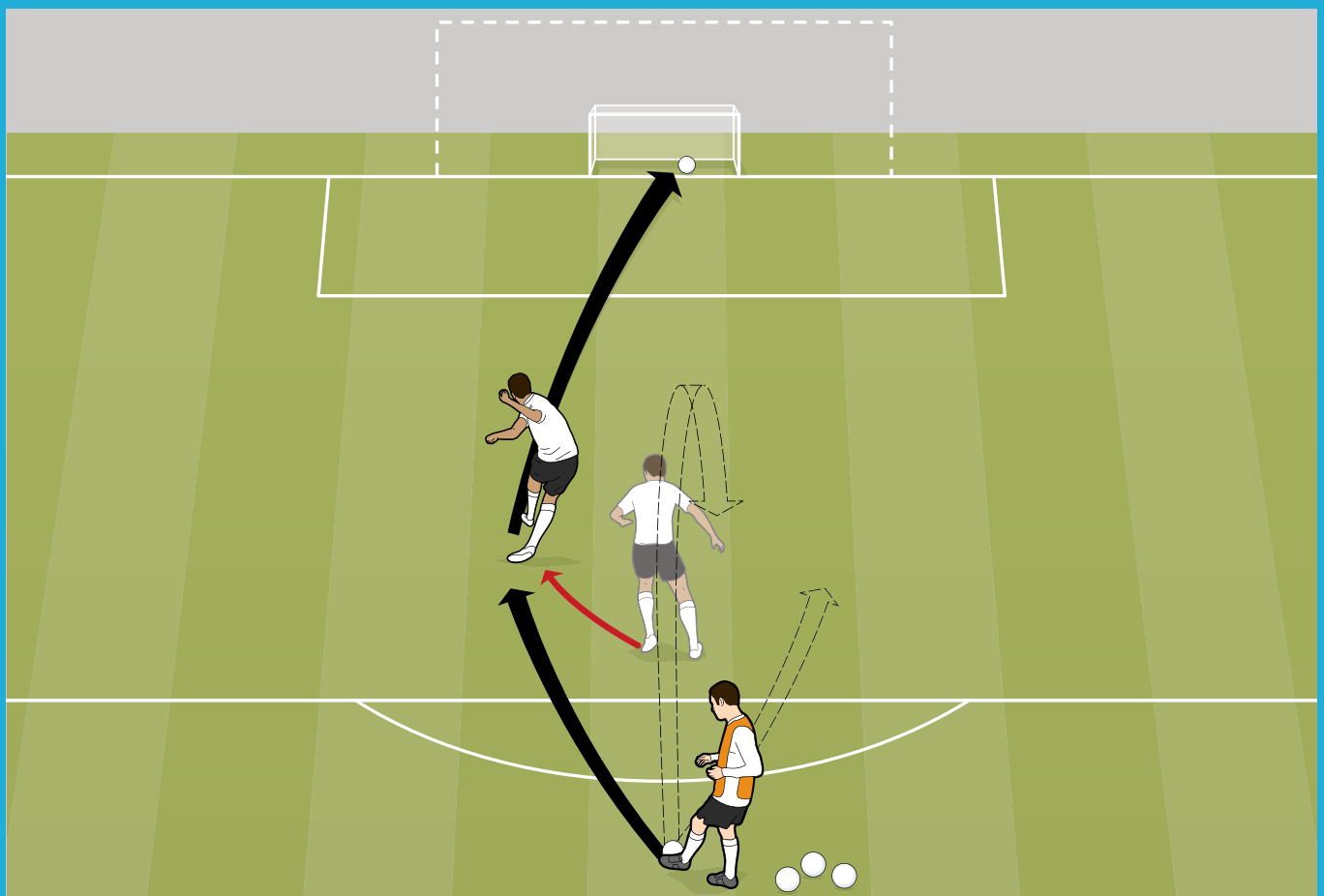
Michael Watts
Aston Villa's head of performance

The best goalscorers come alive inside the 18-yard box; they just seem to know where the ball is going to drop. While everyone else turns to stone, they're wheeling away celebrating a goal.

This is partly down to intelligence, instinct and talent, but their lightning-quick reactions and clinical finishing are harnessed on the training ground. World-class strikers like Sergio Aguero can perform short, sharp, explosive movements when it matters. Even

when they're tired, they can still lash the ball into the back of the net. To reach this level of athleticism, cultivate your speed endurance so you can sustain near maximum speed and withstand fatigue.

If you can accelerate, decelerate, turn and finish repeatedly, you have a huge advantage. This drill works on speed endurance, acceleration, reaction time and finishing. It's not just about being quick and fit – it's about being switched on.



GET SHARP UNDER PRESSURE

SET-UP Mark out a distance of 18 yards between a portable mini-goal and the striker. Position a server behind the striker with a ball supply.

THE DRILL The striker is on his toes, facing the goal. Standing behind the

striker the server feeds balls through. The striker has to react and strike the ball into the goal. Vary the serves – through the striker's legs, to the left, to the right, on the floor, in the air... make sure they don't know where the ball is coming to come from next.

Work for 30 seconds, rest for 30, and do three or four sets of five reps.

PROGRESSION Add another striker to the mix, creating a one-on-one face-off. The two strikers have to compete for the ball and go for goal.

[#4 SKILLS]

SUPERSONIC AND EXPLOSIVE



Beat the opposition into submission with this quick-fire, all-action football circuit



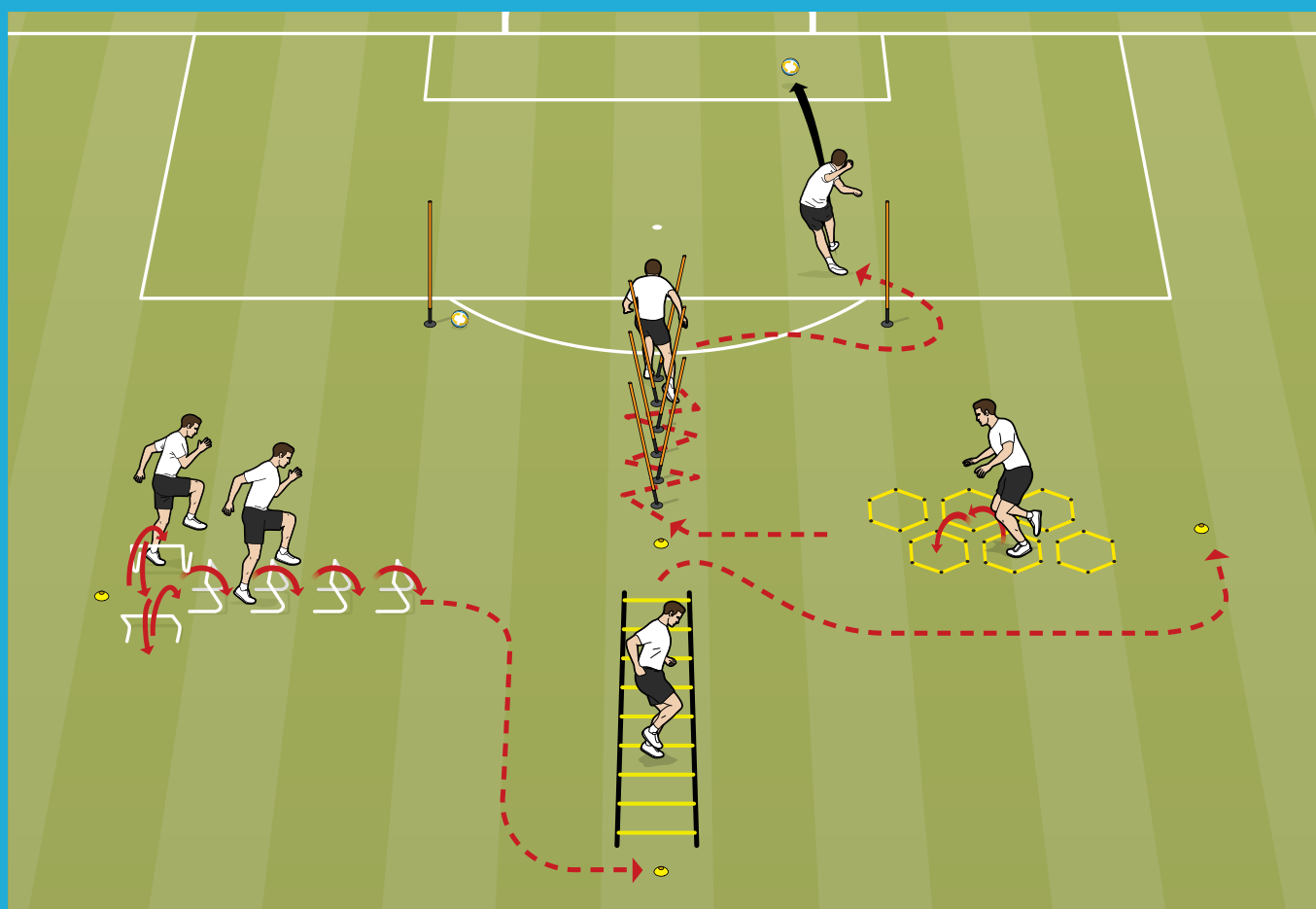
Michael Amoah
Elite sports
scientist

This circuit uses football agility drills to improve balance, body control, co-ordination and foot speed. It is designed to develop the player's neuromuscular system, which can improve an athlete's ability to perform explosive multi-directional movements.

Agility is the ability to change direction without losing balance, strength or speed. Developing football speed and agility in training can help improve body

alignment, help reduce your risk of injury, and train muscles to fire during explosive activities. Elite footballers distribute power efficiently so they can execute actions sharply and at high speed.

The circuit I have put together uses a collection of kit that challenges you to jump, shuffle, sidestep, twist and turn before firing the ball into the back of the net. The quicker and more efficient you are, the more elusive you will be out on the pitch.



THE ULTIMATE CIRCUIT

SET-UP Mark a four-station circuit with six hurdles, an agility ladder, slalom poles, cones and agility rings.

THE DRILL Sprint towards the first station, perform lateral high knees over the mini-hurdles. Then sprint

to the right, turning sharply around the end cone and completing the agility ladder with lateral steps. When you've reached the end, run by the centre cone and turn to the right, sprinting around the far right cone and racing through the agility

rings. Finally, step through the slalom poles, dribble a ball around one of the end poles and strike at goal.

PROGRESSION Time yourself and see if you can get faster. Perform the circuit wearing a weighted vest.

[#5 AGILITY]

GET FAST ON YOUR FEET



Build speed, agility and accuracy by tackling a course of mini-hurdles



Nick Grantham
Performance
specialist

Mini-hurdles can enhance a player's speed, agility and explosive power.

With the right drill you can fine-tune your running mechanics and ability to jump and land efficiently. You'll win more foot races and aerial battles.

But make sure you avoid the common pitfalls. First, don't overdo it. The physical qualities you're honing require high-quality movements – so make sure you keep the volume low. Aim for three to five sets.

Second, don't over complicate things. You won't win a prize for the fanciest drill – keep it simple and use 3-6 hurdles. Too many will hobble your technique. Third, use the right size; hurdles that are too big are no good. And last, get the spacing correct. Place each hurdle two to three feet apart and remember that taller players are going to need a more room.

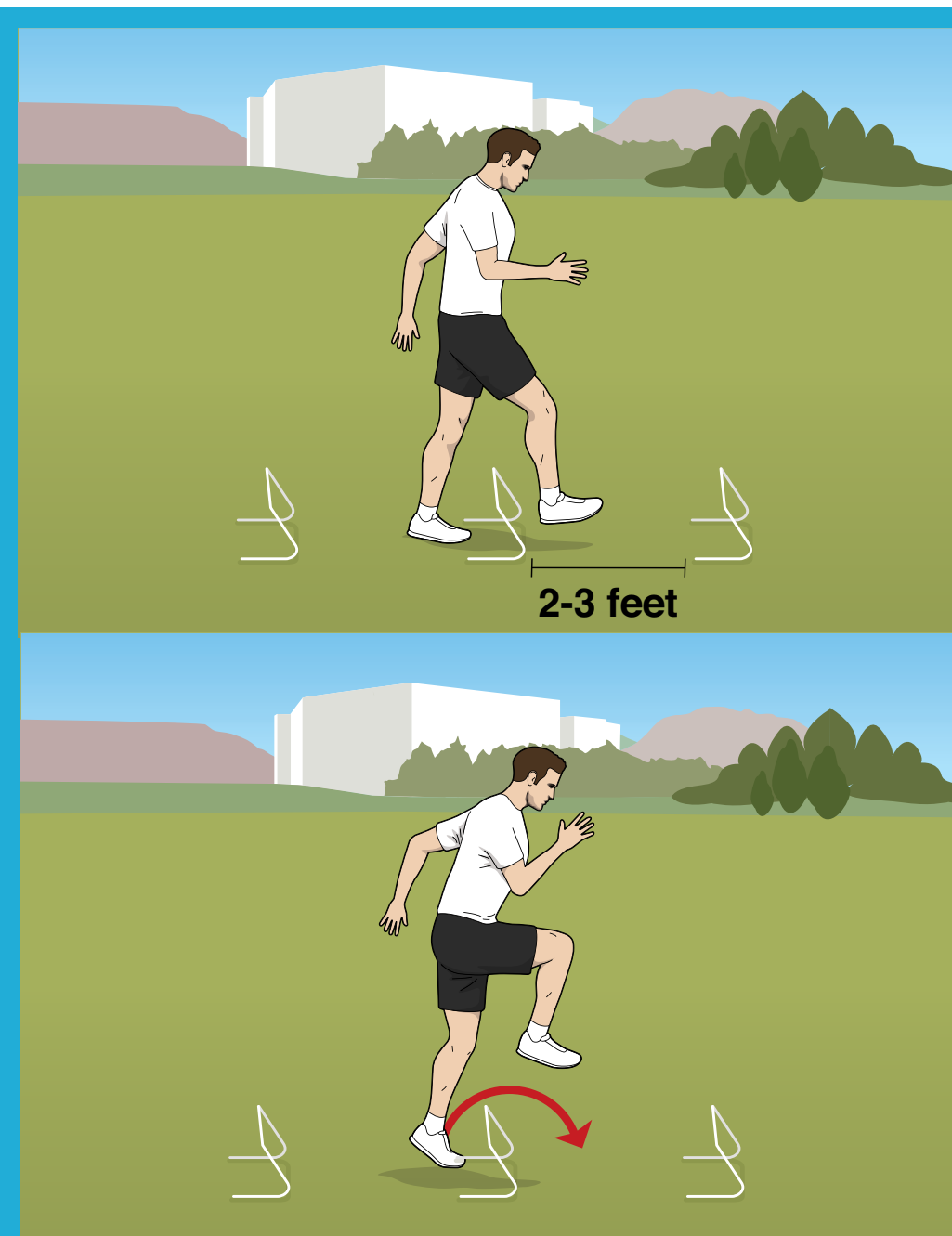
Here's a simple drill. It will help you develop sound running mechanics.

GET YOUR KNEES UP

SET-UP Lay out 6-8 mini-hurdles, with a distance of 2-3 feet between each.

THE DRILL Start off by walking through the hurdles, focusing on technique over speed. Once you feel confident, run through the hurdles – taking either one or two steps between each. To clear each hurdle efficiently and hit the high knee position, maintain a tall posture using your hips and knees to create a 90-degree angle. Ensure your heels stay under the knee and your toes are lifted.

PROGRESSION Simply increase the speed with which you execute the exercise – but don't let the quality of the movements drop as you up the tempo. Technique is everything.



[#6 AGILITY]

FUEL-INJECTED FOOTWORK



Give your co-ordination a boost with these high-speed agility drills



Jamie Reynolds
Performance
coach

Whether you're an outfield player or a goalkeeper, having good, strong footwork is imperative.

This game is played with your feet – obviously – and whether you have the ball or not, all your movements are propelled forward by the hairy lumps on the end of your limbs; it pays to harness and maximise their movements. If you're a goalkeeper, moving your feet quickly helps you make miraculous saves. You can't claw the ball out of the top corner if your feet don't

get you into the perfect position in time. An outfield player needs his feet to move at speed to perform skills, beat opponents to loose balls, to stop tricky wingers and drive off the ground to leap for headers.

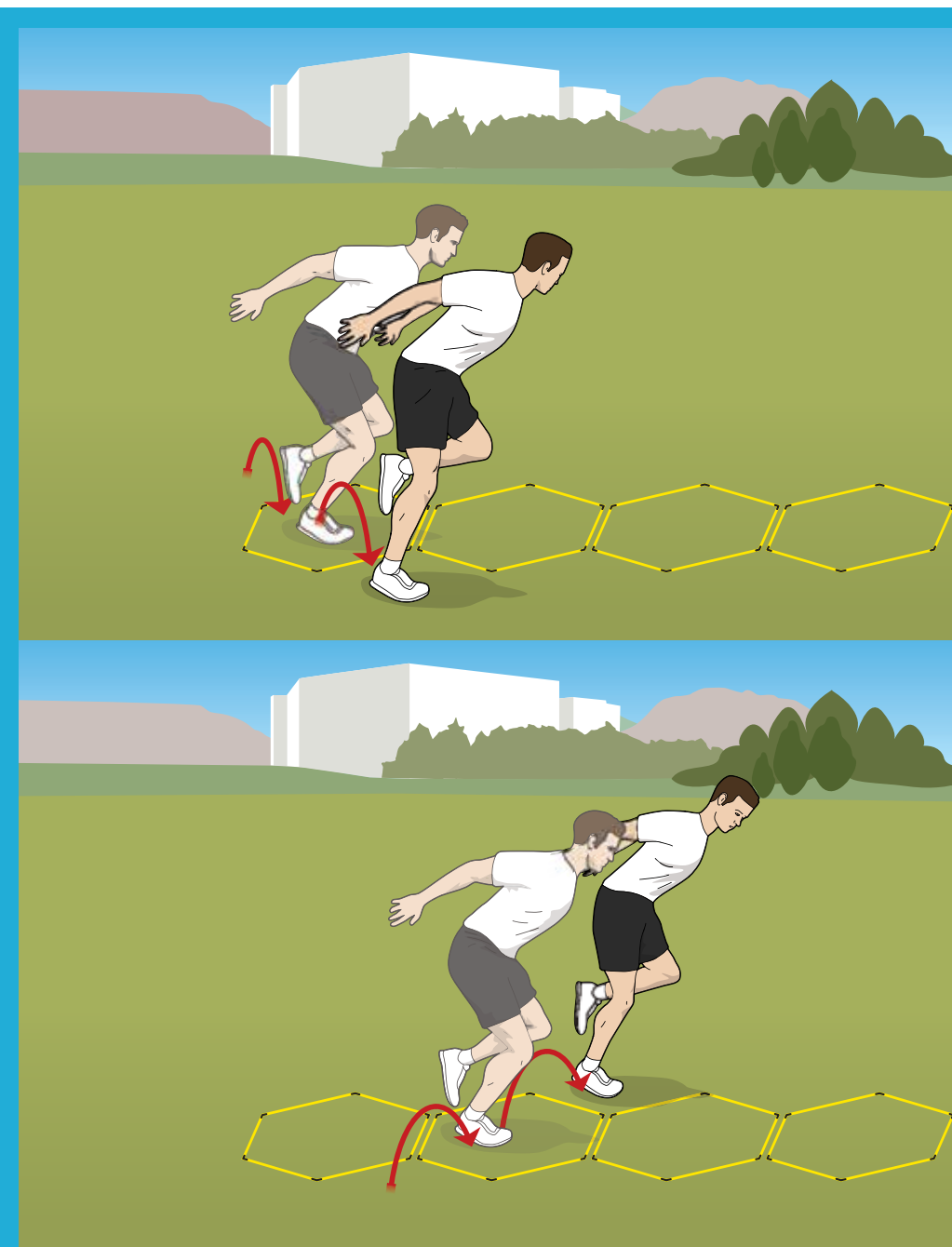
Almost every action you perform on a pitch happens on one leg so you must replicate this when you train. Agility rings are a great piece of equipment for focusing on single-leg strength, power and balance. Use this drill and you'll be nimble in no time.

RAPID FIRE FEET

SET-UP Set out six agility rings in a straight line. Stand slightly to the left of the base of the rings on your right leg.

THE DRILL Hop inside the first agility ring and out to the right. Then hop into the second agility ring and out to the left. Repeat this process until you have hopped through all six agility rings. This exercise teaches your leg muscles to slow down and stop on the spot, and then power back up again almost instantly. Add this drill to your weekly routine to safeguard against injury.

PROGRESSION Perform the drill with a weighted vest on. The added load helps develop extra strength and power in your legs.



[#7 AGILITY]

GAME-CHANGING MOVEMENT



Beat your opponents to the ball every time with quick feet and explosive agility thanks to this drill



Nick Grantham
Performance specialist

A sharp change of direction and quick reaction speeds can make a huge difference to your game.

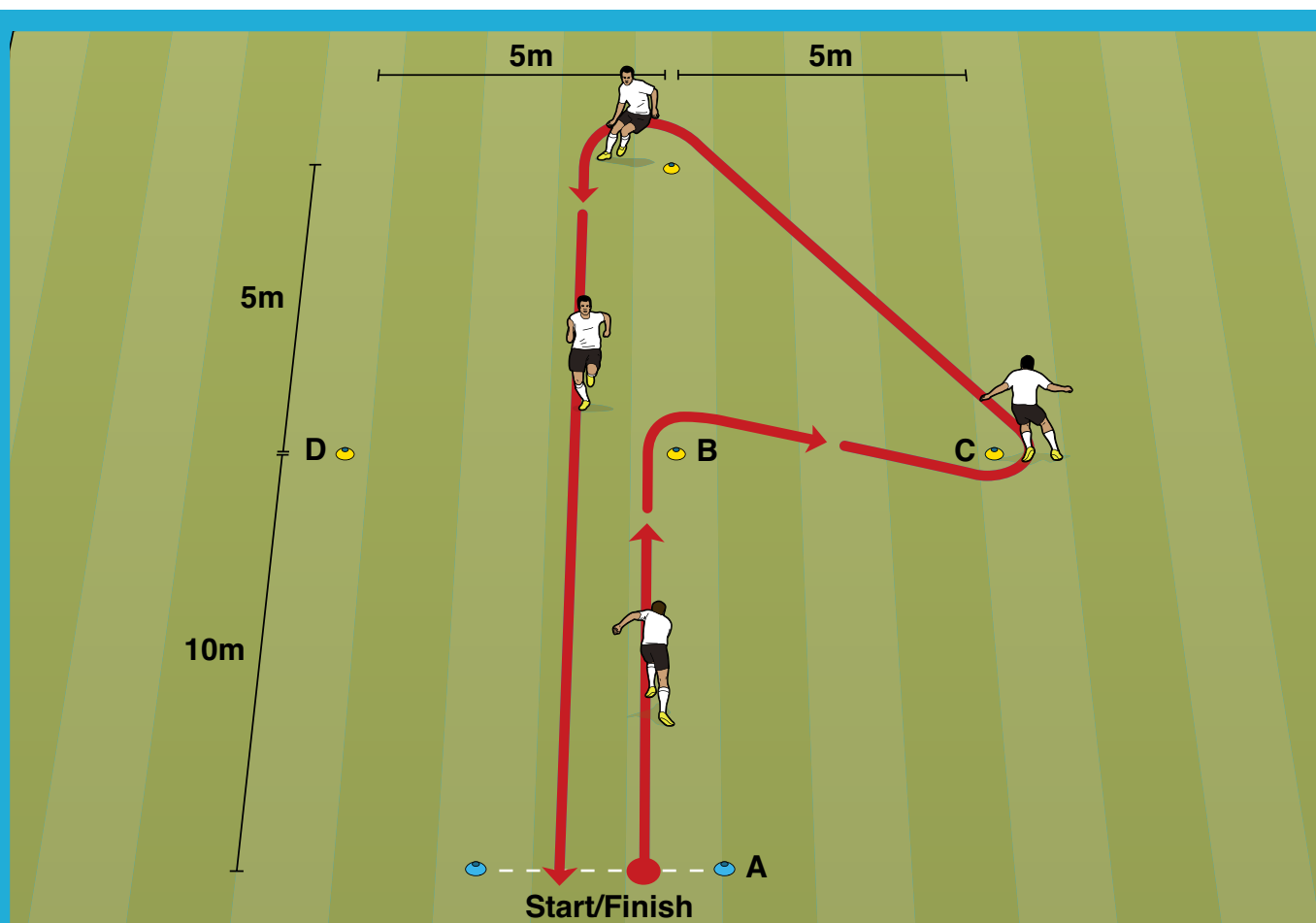
A high number of brief, high-intensity movements characterise team sports. More than 150 of these happen per game, lasting from two to six seconds. These movements often change games.

During a match, individual players perform up to 700 changes of direction, so it's no surprise that agility is one of the most important indicators of talent.

It's high on the list of qualities coaches look for. A player's success relies on their ability to react and change direction so to gain and maintain possession.

And this can be trained... The arrowhead agility drill works on a player's agility, acceleration and deceleration. It challenges them to complete a range of cuts at different angles, directions and distances.

Dedicate training time to improving agility and you'll have a huge advantage over your opponents.



TURBO-CHARGED DIRECTION CHANGE

SET-UP Mark out a start/finish gate with two cones. Place another cone 10m in front of this gate. Then position cones 5m either side of this middle cone. Finish up with one more cone, 5m in front of the middle one.

THE DRILL The player accelerates out of the start gate and sprints to the middle cone. They turn around this and run towards one of the side cones. After cutting around it they burst towards the far cone and then back through the finishing gate.

PROGRESSION You can progress this drill by giving the player a ball to dribble around the arrowhead. The coach can call out which cones he wants the player to use to make them pay extra attention to sudden changes of situation.

[#8 Agility]

LADDER TO SUCCESS



Make sure you're first to the ball when it counts thanks to this plyometric workout



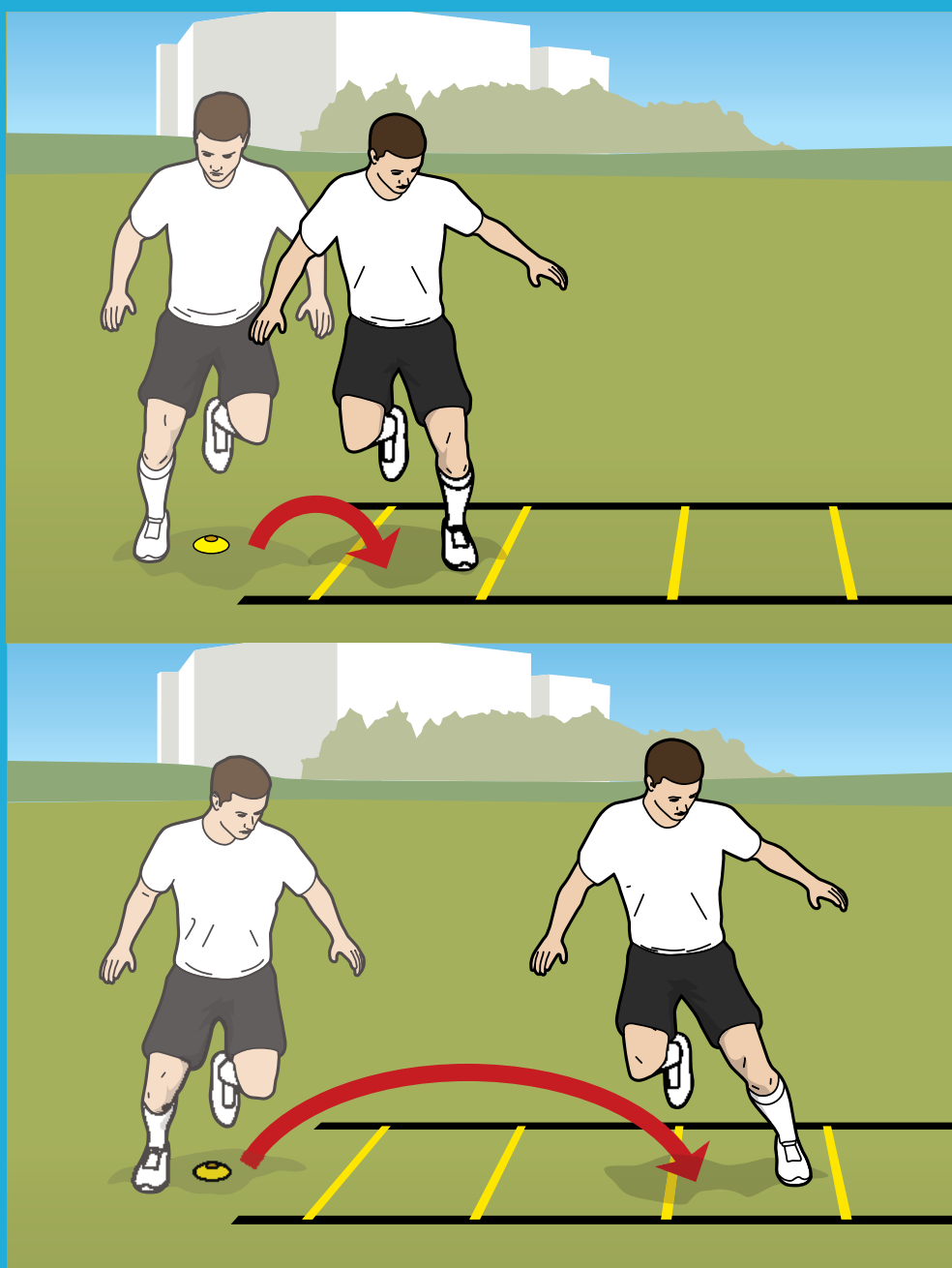
Callum Walsh
Head of athletic development,
Wigan Athletic

Plyometric training can help players beat rivals to the ball at the most decisive moments of the game.

Having the ability to accelerate quickly and decelerate sharply is the difference between success and failure. Explosive power is the key to unlocking these skills. If you reach your top speed quickly, you'll be able to chase opponents in possession, out-jump them for headers and win 50-50 tackles. Sometimes it doesn't matter whether you're more powerful than

your opponent, it's whether you can generate the power quicker than them. That's what this drill helps you do. Plyometric training won't just help you become more explosive, it can also help you build a more robust body. You'll also improve co-ordination and reaction speed, adding pace and efficiency to direction changes.

Whatever your level, speed kills. Use this ladder drill I've put together and you can earn that weapon.



QUICK AND STICK

SET-UP Place a cone a yard away from the first rung of the ladder and stand side-on.

THE DRILL Bring your left foot off the floor and stand on your right. Start to drop down as if you were about to perform a single leg squat and jump to your left, landing on your left foot between the first and second rungs of the ladder. Quickly spring back to the start position, landing on your right foot. Repeat the process but this time land between the second and third rungs. For the third and fourth jumps, land between rungs three and four.

SETS 3 per leg **REPS** 4 jumps

PROGRESSION Work your way along the ladder. The further the distance, the more difficult it is to land and perform explosive movements quickly.

ENHANCES HYDRATION **FUELS PERFORMANCE**



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