

# Design and Implementation of an On Field Speed, Agility and Quickness Soccer Program

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- I. Design and Implementation of a Speed, Agility and Quickness Soccer Conditioning Program by Focusing on the Functionality and Efficiency of the Athlete
  - a. ACL Injury Prevention – teaching the athlete to load his/her hips and take stress off the knees, shins and feet
  - b. Body Position/Balance – developing an athlete that can stay on top of his/her feet by teaching foot/hip placement and core strength
  - c. Efficiency of movements
  - d. Explosive energy
  - e. Core strength
  - f. Quality not quantity
- II. Warm-Up – Static and Dynamic Flexibility – work on body positioning (toe up, knee up, arm drive, chest tall, etc.) and body balance
- III. Linear and lateral quick foot drills – work on body positioning with the hips loaded and on the balls of feet – agility footwork
- IV. Balance and Stabilization – body positioning – hips loaded – knees over toes – stress off knees
- V. Change of Direction – making quick and efficient changes of direction without getting off balance and/or losing position
- VI. Plyometrics – explosive moves and concentrating on great body positioning – keeping hips loaded while staying on top of feet