



# INCREASE YOUR FOOTBALL SPEED

## LET'S GET READY!

01



CONES

02



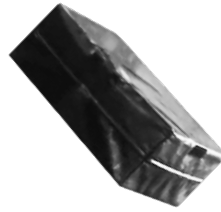
RESISTANCE BANDS

03



HURDLES OR CONES

04



12" BOX

05



TRX

06

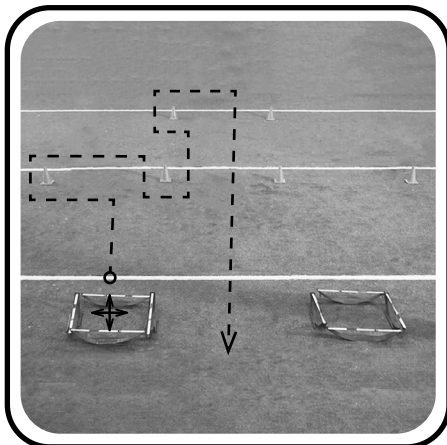


STRAIGHT BARBELL

### DRILL 01

## CHANGE OF DIRECTION CONDITIONING

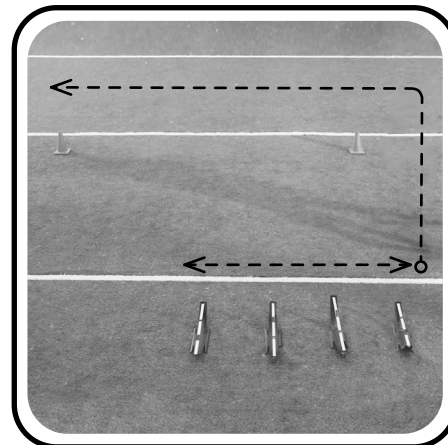
- 01 Step feet over the hurdles from the bottom, left, right, top
- 02 Sprint to the outside cone, bend around, head to the inside cone
- 03 Drop hips to weave toward the top cone
- 04 Swerve around and sprint home



### DRILL 02

## MINI HURDLE CHANGE OF DIRECTION

- 01 Run the hurdles laterally both ways
- 02 Plant and sprint to the first cone
- 03 Change direction and sprint to the last cone
- 04 Option to catch football at the end





# INCREASE YOUR FOOTBALL SPEED

## DRILL 03

### DEPTH DROP HURDLE HOPS

- 01 Drop off the box with one foot leading
- 02 Jump off both feet over each hurdle
- 03 Repeat off second box and remaining hurdles
- 04 Aim for maximum height and quickness



## DRILL 04

### RESISTANCE BAND "A" MARCHES

- 01 Lean forward with core and hips engaged
- 02 Lift each foot high and drive into the ground to gain distance
- 03 Start slow, then try a faster pace, maintaining form



## DRILL 05

### BARBELL TRIPLE EXTENSION PRESS

- 01 Start in athletic position with one foot raised
- 02 Push off standing leg to drive bar forward
- 03 Use hips and lifted leg to generate force
- 04 Slowly return to starting position and repeat



## DRILL 06

### SINGLE ARM BARBELL PRESS

- 01 Hold barbell with same hand as lead leg
- 02 Jump to switch legs and push barbell up
- 03 Keep core engaged and focus on power in legs





# INCREASE YOUR FOOTBALL SPEED

**BE THE FASTEST IN THE GAME**

[Shop adidas Football](#)

**CHOOSE A PLAYLIST TO ENERGIZE  
YOUR NEXT WORKOUT!**

[Find your beat](#)

**WANT MORE DRILLS AND FITNESS TIPS?**

[Tap to learn more](#)

**GREAT JOB!**