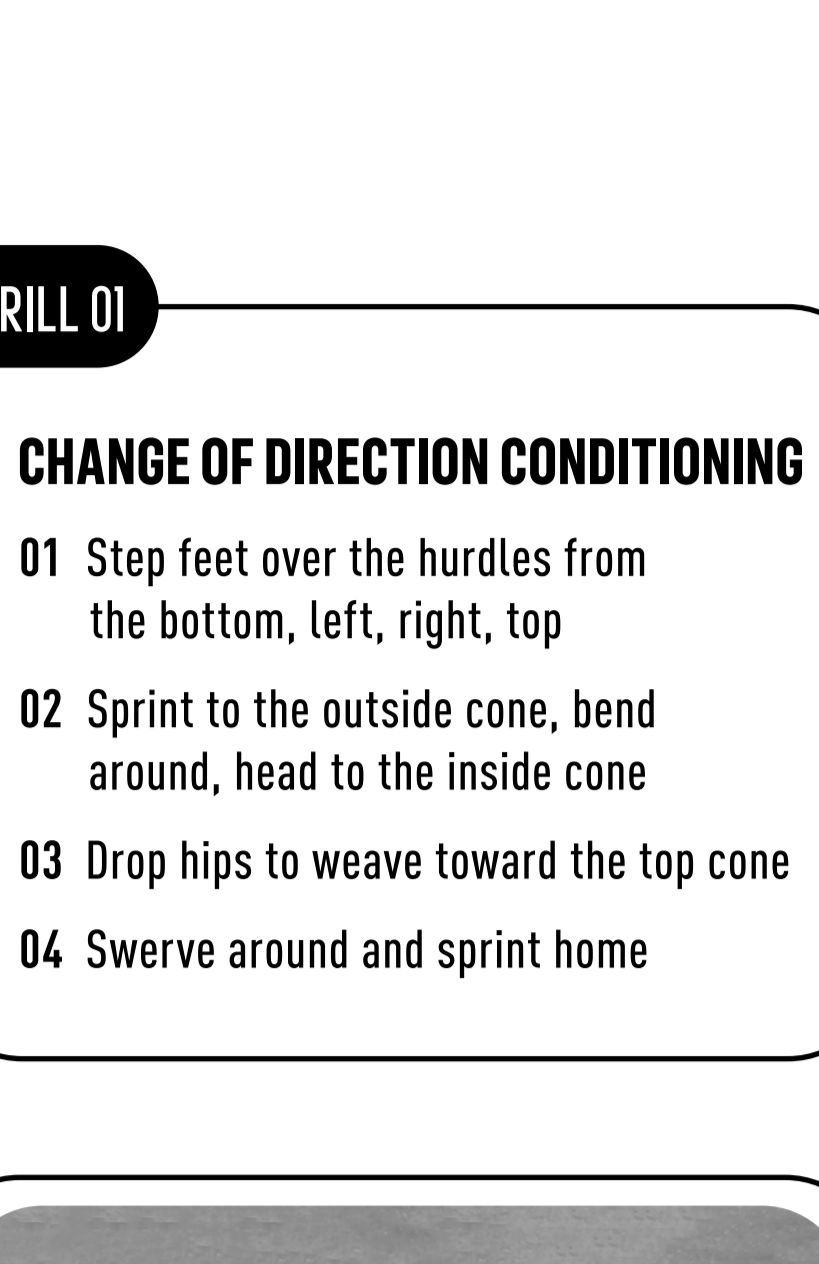




## INCREASE YOUR FOOTBALL SPEED

### GET READY!

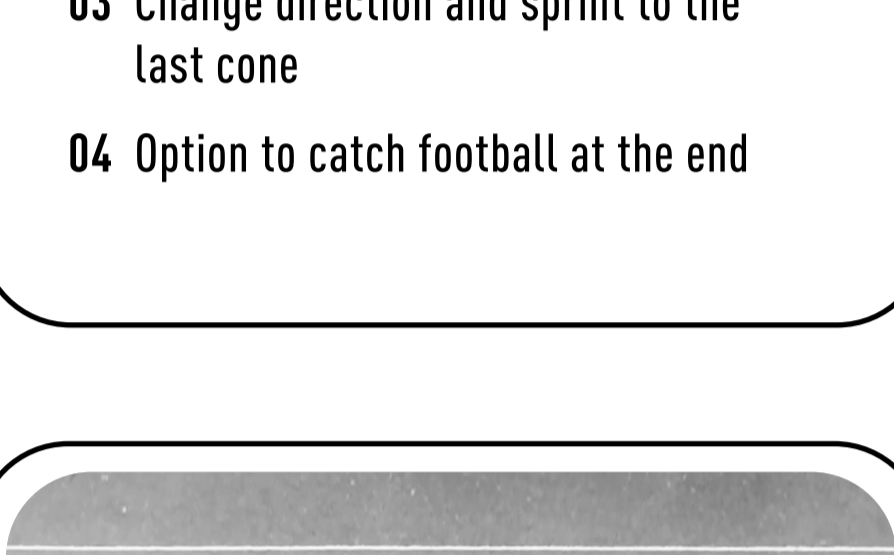
- 01 Cones
- 02 Resistance Bands
- 03 Hurdles or Cones
- 04 12" Box
- 05 TRX
- 06 Straight Barbells



### DRILL 01

#### CHANGE OF DIRECTION CONDITIONING

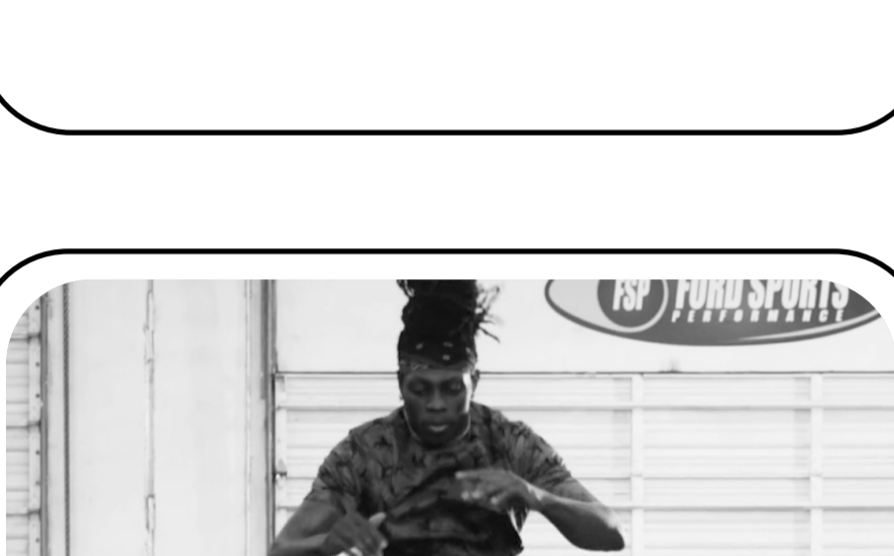
- 01 Step feet over the hurdles from the bottom, left, right, top
- 02 Sprint to the outside cone, bend around, head to the inside cone
- 03 Drop hips to weave toward the top cone
- 04 Swerve around and sprint home



### DRILL 02

#### MINI HURDLE CHANGE OF DIRECTION

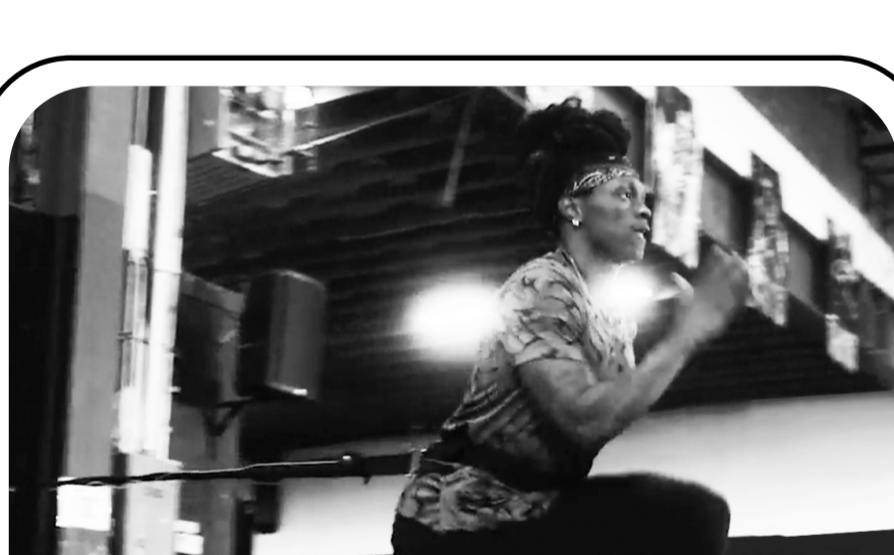
- 01 Run the hurdles laterally both ways
- 02 Plant and sprint to the first cone
- 03 Change direction and sprint to the last cone
- 04 Option to catch football at the end



### 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

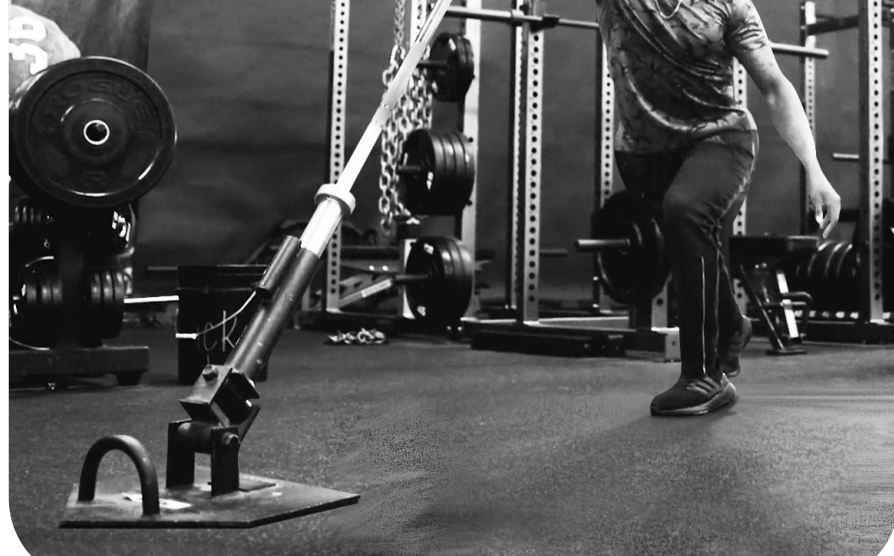
- 01 Lean forward with core and hips engaged
- 02 Lift each foot high and drive into the ground to gain distance
- 03 Start slow, then try a faster pace, maintaining form



### DRILL 05

#### BARBELL TRIPLE EXTENSION PRESS

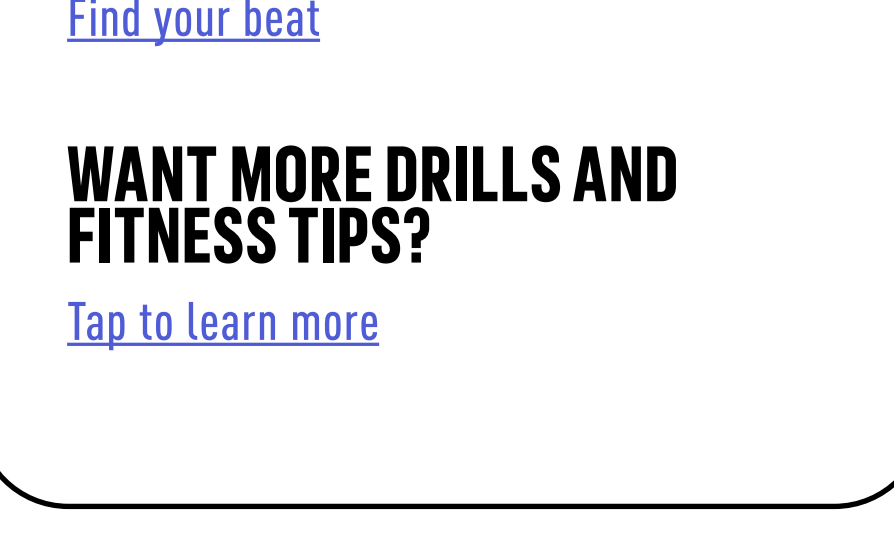
- 01 Start in athletic position with one foot raised
- 02 Push off standing leg to drive bar forward
- 03 Use hips and lifted leg to generate force
- 04 Slowly return to starting position and repeat



### 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



### GREAT JOB!

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