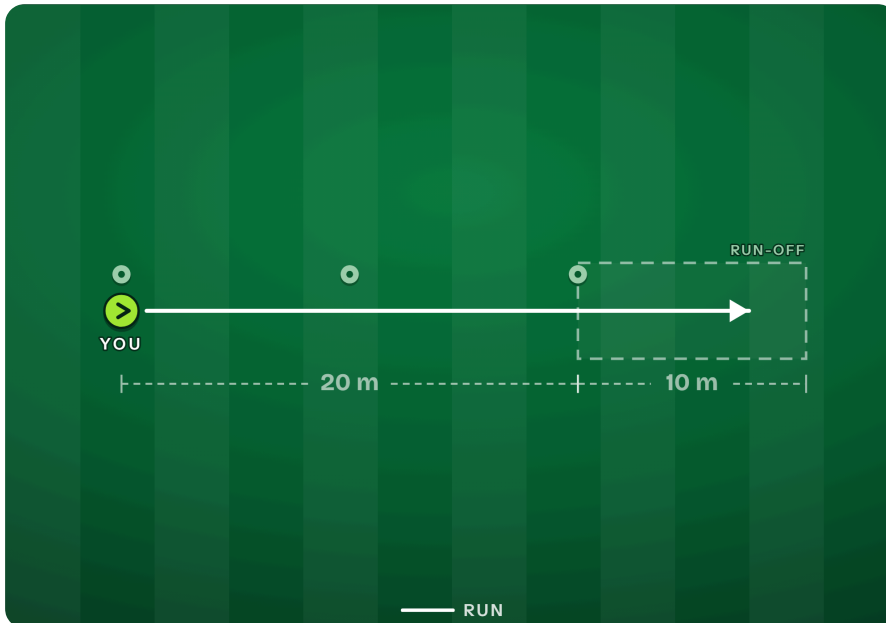




Set up

- Warm up first
- 3 cones, 10 m apart
- 20 m, tape-measured
- 10 m run-off

Dose

- 6-8 sprints, twice a week
- Walk back, rest 2-3 min

6-8 sprints of 20-30 m, twice a week (the Football Reach plan target), walking back and resting 2-3 minutes between them (our target).

What it trains

Train acceleration and sprint speed: a few short, flat-out sprints with full rest, so every rep is fresh and fast. Low volume, high quality.

How it works

- Warm up first: FIFA 11+ Kids (ages 7-13), FIFA 11+ (from 14) or your club warm-up. Then 2-3 build-up runs, each a little faster.
- On flat, dry grass or a track, tape-measure 20 m. Cones at 0, 10 and 20 m, with at least 10 m of clear run-off.
- Start standing behind the first cone, in your own time. Sprint flat out past the finish cone.
- Ease down, walk back and rest 2-3 minutes in total. Do 6-8 sprints; stop early if you are clearly slowing.

Coaching points

- Through the finish cone**
Stay flat out until you are past the finish cone, then ease down in the run-off.
- Push the ground away**
Push the ground away behind you on every step. Once you are up to speed, stay tall.

✗ **Not this:** Easing up as you reach the finish cone, so the last metres are your slowest.

MY NOTES

HARDER

Finish at 30 m (run-off past it), rest about 3 minutes. Or start side-on, rolling or face down; each counts in your 6-8.

EASIER

6 sprints of 20 m, 3 minutes' rest. Under 12 (14 for later developers): chase and tag games, the plan's choice; research on the best age is mixed.

Safety

- Never sprint from cold. Under 18: an adult or coach nearby.
- Flat, dry grass or a track, never a road, pavement or driveway. Keep 10 m past the finish clear of walls, fences, posts and people.
- Under 16: knee or heel pain when you run or jump? Stop and tell an adult. Growth pains are common; a GP or physio can help.
- Chest pain, faint or dizzy: stop at once (under 16: tell an adult); GP or NHS 111 the same day, 999 if someone collapses.
- Tight hamstring or any pain: stop, see a GP or physio; never train through it.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/the-sprint-session

Then take the free test at footballreach.com