

Fast Feet Independent Training Options:

Pick 1 of 4 the options below or you can mix and match drills from different options.
(Target 15 to 25 mins of focused max effort/focus controlled but fast movement with proper recovery between reps).

Option 1: Fast Feet Hurdle Drills (set up 10 mini hurdles 3 ft apart).

Perform 4 sets of each, at least 20 seconds between sets to allow enough recovery to do every drill with maximum speed and intensity. For Single Leg movements, be sure to do both legs (example, single leg hops).

Video Link to Exercises:

<https://www.youtube.com/watch?v=9aBdeO3xw9g&feature=youtu.be>

Mini hurdle quick feet circuit. Set up 10 hurdles 3 ft apart.

- 👉 1-Step: stay upright and lift legs up to clear the hurdle and speed up high heel recovery
- 👉 2-Step: think more about high knees rather than a sprint, keep arms pumping quick
- 👉 1 and 2 feet Hops: lift legs just high enough to clear each hurdle, stay on toes
- 👉 3 Hops to Run: do 3 complete hops, then go into 1-Step
- 👉 Side Step: keep feet forward and push off outside leg
- 👉 Crossover Step: body lean towards direction running, going over the hurdle rather than in front
- 👉 3-Step: HARDEST ONE! Focus and get into a rhythm

1 Step Flying Full speed- Not shown on video but set up 10 hurdles 4 ft apart and run full speed stepping between every hurdle

Option 2: Jump Rope Series (“In Space”-while moving 10 to 15 yards) and then finish with 5 mins of intense stationary jump roping. The “In Space” jumps in and hops should be reactive (think human pogo stick). Stiff lower leg, with minimal knee bend. Being reactive off the ground.

Video Link Examples of Exercises: <https://www.youtube.com/watch?v=UkeC0QHtnI0>

3 sets of each:

- Jump Forwards & backwards x 15 yards up and 15 yards back (20 secs recovery between reps)
- Jump laterally on 2 feet up and back x 15 yards.
- SL Forward and backwards x 15 yards
- SL Lateral w/ both legs x 10 yards. Use outside leg. Switch legs on the way back. Face same direction.
- Rotational jumps forwards and backwards x 10 yards or do it for 15 seconds staying in one spot. Knees together, rotating with the hips only.

Stationary video example- <https://www.youtube.com/watch?v=g6uMX-1ohKM>

- SL Rotational forwards and backwards x 10 yards. Can be done without rope if needed or in a stationary position for 15 seconds each leg.
- Finish with 5 to 8 mins of stationary (in place) full speed rope jumping. 10 to 15 sec bouts (1 foot and 2 feet). Max speed jumps.

Option 3: Low Box Drills (also can use a line in place of low box)

3 sets of each, 10 seconds on, 20-30 seconds off. Do all or if doing a condensed version, PICK 3. Low Box drills. (10 secs on 20 secs off)

1. Soccer goalie lateral box drill (small box or 12 to 15” box) 3x10 to 15 secs. Top varsity athletes may be able to work up to using an 18” box.
2. Forward facing- Fast feet-On, On, Off Off
3. Ali Shuffle
4. Forward/Backward Linear hops (1 and 2 feet).
5. Straddle lateral skaters- On, On, Off Off
6. Side/Lateral Hops Up/down (1 and 2 feet)
7. Wide outs.
8. 1-2’s on back stairs 4 sets.

Link:

<https://www.youtube.com/watch?v=RUXkJuXBZU8&feature=youtu.be>

Option 4: 4 cone agility drills. Set mini cones up 5 yards apart. See sheet on the last page of this document and/or hanging in turf room.

Pick 6 out of the 12 drills and complete 3 reps of each. At least 20 secs recovery before each rep.

Weight Room Alternative Plyometrics (Linear biased)

For Athletes Not Requiring Lateral Movement Training (eg, track athletes) or baseball athletes not doing speed. Recover at least 30 secs between sets.

OPTION 1

- 1) Single Leg Power Bounds (3x10 yards starting off each leg-6 total reps).
<https://www.youtube.com/watch?v=MWNlkpa4vAU&app=desktop>
- 2) Power skips off of a plyo box (12, 15, or 18" box). May add band resistance. 3x5 on each leg. <https://www.youtube.com/watch?v=KViiXzoyrSM>
- 3) Bulgarian squat jumps 3x5 each leg. (foot on bench or set up hip belt or split stance pad). <https://www.youtube.com/watch?v=J5LSPvw8av8&feature=youtu.be>

OPTION 2

- 1) Broad Jumps for Max effort distance 3x3 on 2 feet (landing on 2 feet)
- 2) Single Leg Long Jumps 3x3 on each leg (LAND ON 2 FEET).

Lateral biased with some rotational (baseball/lax etc):

OPTION 1

- 1) Lateral Long jumps (push off from 2 feet /land on 2 feet). Both directions (3x5 reps).
Can add band light band resistance.
- 2) Single leg box jumps 4x4 on all 4 directions (inside and outside of each foot). 12 to 18 box. <https://www.youtube.com/watch?v=4BwRwvvlvzg>

OPTION 2

- 1) Alternating Split Jumps with medball diagonal chop (3x12)
- 2) 45 degree continuous lateral jumps with medball (forward and backwards) 3x 20 yards
- 3) Lateral Push to Transverse Long Jump (4x3) each leg/side. Land on 2 feet.
<https://www.youtube.com/watch?v=Fo8hVaKXQrA>

OPTION 3

- 1) Lateral skater stick to Box Jump 4x4 on each leg (Land on the same leg)*advanced drill. If needed land on 2 feet or use low box.

<https://www.youtube.com/watch?v=GXvT33aDHZU>

- 2) Crossovers Continuous (4x10 secs)

<https://www.youtube.com/watch?v=x8t3vp5MP94>

OPTION 4

- 1) Single Leg 5 yard sprint hops 4x5 yards (do 4 sets on each leg).

<https://www.youtube.com/watch?v=pFLp-DPQyJE>

- 2) Goaltender drill Continuous lateral box jumps on 2 feet (12 to 18 inch box) 4x10 secs

<https://www.youtube.com/watch?v=z3OOKYXoHJQ>

