



Welcome to part 2 of "**Designing a Successful Speed/Agility Program.**" This email is a tad bit longer because I'm oozing with valuable information I want to share with you. It's worth the full read!

Last time we talked about the 6 key components that a Speed/Agility program needs to cover:

- 1.) Footwork
- 2.) Acceleration
- 3.) Agility/Reaction
- 4.) Plyometrics
- 5.) Strength
- 6.) Flexibility/Mobility

If you missed the article, you can check it out here: [Designing a Successful Speed/Agility Program Part 1](#)

Now that you're caught up to "speed" with WHAT you need to include, let's discuss HOW and WHEN to conduct your training. I'll explain first from a broader "seasonal" approach to programming, then refine into weekly training frequency, and finally I'll break down an individual training session.

The Seasonal Approach

As a general rule of thumb, the Offseason is where your players should be making their greatest gains as an athlete. Your program should focus more on strength, top-end speed, plyometrics, and flexibility during this time. If you have weight-room access, this is the time to hit it hard.

As the Preseason approaches, your highest volume of on-field speed-work and conditioning should take place. Add extra sprints to your program and get the most out of your players that you can physically. I suggest a month of really kicking their butts to get them into "midseason form." The preseason is the time they should be getting their soreness out of their system so it doesn't happen during the season. The goal of preseason training is conditioning!

Once the Season starts, your goal is to maintain their performance levels. I ramp up the amount of footwork, agility, and reaction at this point because it a.) keeps them sharp and b.) it is less strenuous than top-speed and strength training, thus reducing mid-season injuries. The rest of the program should be treated as "maintenance" and injury-reduction rather than going for gains.

How Many Trainings Weekly?

Just like with anything else, the more you practice the better your players will get. The difference with high-intensity training like this is that we have to be careful of "overtraining." If your players don't get appropriate recovery time, their training could end up having negative impacts on their health and performance.

I would suggest speed/agility training no more than 3 hours per week, making sure there is at least 48 hours of recovery between trainings. In a perfect world, a Tuesday/Thursday program is the way to go for teams that have games on the weekend. I like to avoid Fridays so they aren't sore or fatigued for the weekend.

If you opt for 30 minute sessions, you can probably get away with training on consecutive days. My best advice is simply to monitor your players. If they're sore, slow, and tired, give them more rest.

Breaking Down an Individual Training Session

A lot of this depends on your practice schedule. Some of you high school coaches have the luxury of practicing every day and can spend a full hour some days on speed training. Most of you others are limited to 2-3 practices a week and can maybe only spend about 30 min.

Here's a 30 minute program that can be doubled into an hour-long. Note that the program would change depending on what point of the season you are in (see above).

1.) Dynamic Warm-Up- 6 min

-Follow our [Dynamic Dozen](#) to thoroughly stretch and warm-up both linear and lateral movers.

2.) Footwork- 4 min

-[Lightning Footwork](#), which activates fast-twitch muscles and serves as an extended warm-up before high-intensity Acceleration work.

3.) Acceleration- 4 min

-[Kneeling/Seated/Prone Starts](#) (video w/ coaching points) help the athlete accelerate from multiple positions. Each athlete should run 3-4 max-effort sprints of about 30-50 yds. It's best to do acceleration work early in the session while the athletes are fresh so

they can recruit all fast-twitch muscle fibers.

Water Break- 2 min

4.) Agility/Reaction- 4 min

-Pick from any of our [Agility Drills](#). Make these fun by turning them into races as individuals or relay teams. Be sure to add a reactionary component by using verbal and visual cues to change direction. I like to do these drills to allow the athletes to recover from the Acceleration drills above.

5.) Plyometric Jumping- 4 min

-10 Squat Jumps, 10 Lunge Jumps with about 30 sec rest in between each. After that, you can have them do 20 yards of [Broad Jumps](#) and [One Legged Bounds](#). I do plyos here because a.) they've had some time to de-load during agility drills and b.) it activates muscle recruitment before going into strength drills next.

6.) Strength- 6 min

- Lower Body: Squats, Lunges (45 sec intervals)
- Upper Body: Push-Ups (30 sec intervals) x 2 sets
- Core: Planks (1 min), Side Planks (45 sec each side)

-Always do strength at the end of your training. The idea is that you are getting the last bit out of their muscles, so you don't want to do this early in the practice and risk injuries afterwards. It's also good for them to do this at the end of training so they develop proper movement patterns even when they're fatigued.

***Flexibility/Static Stretch**

-Do this at the end of practice for about 5 minutes. Make sure you hit all of the following areas:

- Hamstrings
- Quadriceps
- Calves
- Groin (hip adductors)- side lunge
- Hip Flexors- lunge position
- Outer Hips- butterfly

Lastly, I like to end with a **Squat Hold** at the end of practice. Start with 45 sec and work your way up to 90 secs eventually. This will help your players with muscular endurance late in the game.

**Next time, we'll discuss "Speed Training Equipment on a Budget."
Thanks for tuning in, Coach! Your players are lucky to have a coach like you!**

Chris Chinn
President | Sweat City Fitness
www.sweatcityfitness.com



Like Sweat City



Subscribe to our Athletic Performance Training series