

*National*  
**ALLIANCE** *Speed Improvement Drills*  
*For Youth Sports*

Compiled by:

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Speed training is an important component of physical fitness which enables a player to move from one point to another with faster response time. It has been shown that to improve speed each athlete needs to work on acceleration, starting ability, stride rate, speed endurance, and stride length. The following is a list of exercise developed to increase speed in your young athlete.

1. **50-yard progression:** begin with a light jog, progressing up to 40 percent of maximum speed for the first 25 yards, then progress up to 60 percent of maximum the last 25 yards. Repeat the previous exercise four times, progressing as follows:
  - a. First 25 yards..... Second 25 yards
  - b. Second run: 50% max speed..... 70% max speed.
  - c. Third run 60% max speed..... 80% max speed.
  - d. Fourth run: 70% max speed .....90% max speed.
  - e. Fifth run: 80% max speed.....100% max speed.
2. **High knees:** upright body position, good running form, emphasis on exaggerated knee lift at least parallel to the ground.  
**Drill:** Distance of 25 yards, 3 repetitions, 30 second rest for repetitions.
3. **Butt kicks:** kick heels to buttocks rapidly using lower leg action only for the recommended distance.  
**Drill:** distance of 25 yards, 3 repetitions, 30 seconds of rest between repetitions.
4. **Crazy legs:** straddle on imaginary line and step laterally (sideways) right foot over left, left over right, etc... while moving in place.  
**Drill:** do for 15 seconds, 3 repetitions, 30 seconds of rest between repetitions.

5. **Power Slides:** stand erect feet together. With left foot step to your left, really stretching out. Now slide right foot to the left foot, maintaining contact with the ground. Repeat drill starting with the right foot.  
**Drill:** distance of 25 yards, 4 repetitions, 30 seconds for rest between repetitions.
6. **Carioca:** shoulders square, bring feet together and move laterally using a cross over step for the recommended distance.  
**Drill:** distance of 25 yards, four repetitions, 30 seconds rest between repetitions.
7. **Quick feet:** quick feet drills are just fast carioca.  
**Drill:** do for 15 seconds, 3 repetitions, 30 seconds of rest between repetitions.
8. **Jumping:** stand erect; jump up and touch your chest with your knees.  
**Drill:** do for 15 seconds, 3 repetitions, 30 seconds of rest between repetitions.
9. **Bounding:** keep your feet together, make giant forward hops. The emphasis in bounding is to gain maximum height as well as horizontal distance. Pump your arms as you bound forward.  
**Drill:** distance of 25 yards, 3 repetitions, 30 seconds of rest between repetitions.
10. **Power skipping:** high knee skip. Use exaggerated forward skipping motion. Left knee, right arm up. Right knee, left arm up.  
**Drill:** distance of 25 yards, 3 repetitions, 30 seconds of rest between repetitions.
11. **Sprinting:** all out sprints.  
**Drill:** distance of 50 yards, 5 repetitions, 30 second of rest between repetitions.