



SOCCER SPEED DEMON PROGRAM

8-WEEK PERIODIZED SPEED, AGILITY & EXPLOSIVE POWER DEVELOPMENT

High school and college soccer demands fast feet and explosive sprints, both on offense and defense. This 8-week program, tailored for competitive players, will help you develop game-changing speed and agility to leave your opponents in the dust.

8-WEEK PROGRAM BREAKDOWN

PROGRAM PHASE	FREQUENCY, EXERCISES & PROTOCOLS
Weeks 1–2: Build a Strong Foundation	Frequency: 3 days per week. Distance Running: 2–3 miles at an easy pace. Hill Repeats: 6–8 repetitions of uphill sprints (50–75 meters) with jog recovery. General Strength Training: Squats, lunges, planks, push-ups (3 sets of 10–12 reps).
Weeks 3–4: Ignite Your Speed	Frequency: 3–4 days per week. Sprints: 50m sprints (6 sets of 4–6 reps with 2–3 mins rest); 10m sprints (4 sets of 8–10 reps with 1–2 mins rest). Acceleration Drills: Flying 20s (start from walking pace, accelerate to top speed over 20m, 6–8 reps). Quick Feet Drills: Ladder drills, cone drills with high knees and butt kicks (2–3 sets of 30 seconds). Plyometrics: Box jumps, depth jumps (3 sets of 5–8 reps).
Weeks 5–6: Peak Performance	Frequency: 3–4 days per week. Hill Sprints: Increase uphill reps to 8–10 with jog recovery. Speed Drills: Increase sets and reps of all drills from previous weeks by 1–2. Speed-Specific Strength: Olympic lifts, medicine ball throws (3 sets of 5–8 reps).
Weeks 7–8: Game-Ready Sharpening	Frequency: 3 days per week. Sport-Specific Drills: Base running drills, change-of-direction drills (3 sets of 12 reps). Maintenance: Reduce reps and sets of drills from previous weeks; focus entirely on technique and explosiveness. Active Recovery: Yoga, swimming, light cardio.

ADDITIONAL TRAINING TIPS & GUIDELINES

- **Incorporate Agility Drills:** Agility is crucial for outmaneuvering defenders and changing direction quickly [cite: 48].
- **Focus on Proper Form:** Improper form can lead to injury and hinder your progress. Seek guidance from a trainer if needed [cite: 49].
- **Don't Neglect Strength:** Building strength in your legs and core will translate to more powerful strides [cite: 49].
- **Listen to Your Body:** Take rest days when needed and avoid overtraining [cite: 49].
- **Fuel Properly:** Eat a nutritious diet with plenty of protein and carbohydrates for optimal performance and recovery [cite: 49].

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This program is for educational purposes. Consult a physician before beginning any new exercise routine. Stop if you experience pain. Results vary based on individual effort and consistency.