

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Soccer Speed Demon: Run Rings Around Your Opponents

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

Weeks 1-2: Build a Strong Foundation

- 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

- 3-4 days per week:
 - Sprints:
 - 50m sprints: 6 sets of 4-6 reps with 2-3 minutes rest
 - 10m sprints: 4 sets of 8-10 reps with 1-2 minutes rest
 - Acceleration drills:
 - Flying 20s: Start from a walking pace and accelerate to top speed over 20 meters (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

- 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 by 1-2
 - Speed-specific strength training: Olympic lifts, medicine ball throws (3 sets of 5-8 reps)

Weeks 7-8: Game-Ready Sharpening

- 3 days per week:
 - Sport-specific drills: Base running drills, change-of-direction drills (3 sets of 10-12 reps)
- Maintain speed and strength: Reduce reps and sets of drills from previous weeks, focus on technique and explosiveness
 - Active recovery: Yoga, swimming, light cardio

Additional Tips:

- Incorporate agility drills: Agility is crucial for outmaneuvering defenders and changing direction quickly.

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- Focus on proper form: Improper form can lead to injury and hinder your progress. Seek guidance from a trainer if needed.
- Don't neglect strength training: Building strength in your legs and core will translate to more powerful strides.
- Listen to your body: Take rest days when needed and avoid overtraining.
- Fuel your body properly: Eat a nutritious diet with plenty of protein and carbohydrates for optimal performance and recovery.

Here are some helpful resources for you:

- Science for Sport: Speed training in football (soccer): How to develop this game-changer: <https://simplifaster.com/articles/sports-science-can-make-you-faster/>
- U.S. Soccer: Fitness & Training Resources: <https://learning.ussoccer.com/>
- National Strength and Conditioning Association (NSCA): <https://www.nscs.com/>