

Elevate your speed

through TANNER SPEED TRAINING

Explosive takeoff speed and power are critical factors in football. Efficient speed requires optimal coordination of all muscles involved.



Golden 8

Golden 8 should be incorporated into your standard warm-up program

Goal: Improved running coordination and optimal activation of all muscles involved in football

Time: Appr. 10 minutes in each training session and before each match

Organization: Two groups, set out two cones spaced 20-25 meters apart, set 5 meter coaching zone, each drill two times

The following muscles are activated:



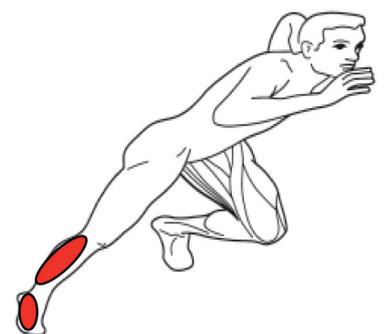
1. Running on the balls

- Don't lead with the heel!
- Keep body upright
- Actively swing arms



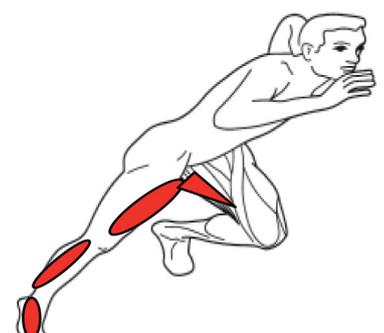
2. Alternating knee lifts

- Keep upper body straight
- Actively work ankles on each step

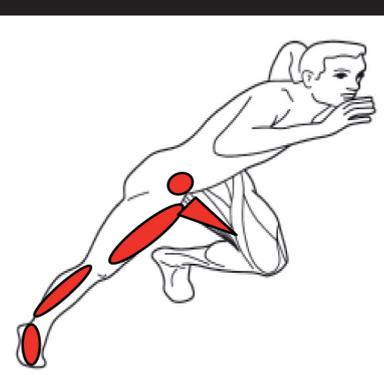
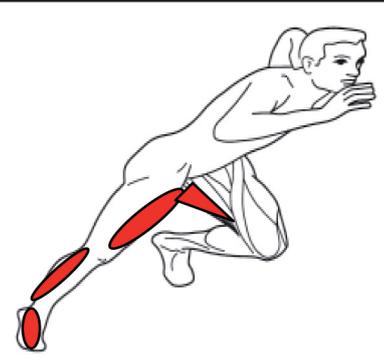
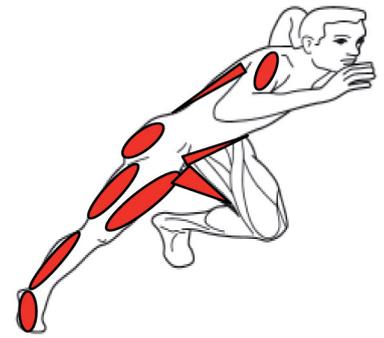


3. Crossover step

- Keep upper body still
- Take short steps



The following muscles
are activated:



4. Speed hop

- Minimize ground contact times
- Complete body tension
- Actively arm swing



5. Sideways twist

- Actively rotating hip
- Keep torso straight
- Take short steps



6. Flamingo hop

- Keep upper body straight
- Complete hip rotation on each step



7. Flying bat

- Push hip forward
- Stretch hip
- Rotate shoulder



8. Stork walk

- Swing leg relaxed from knee
- Keep upper body erect
- Touch ground only with balls of the feet

Talent Development using Speed Training

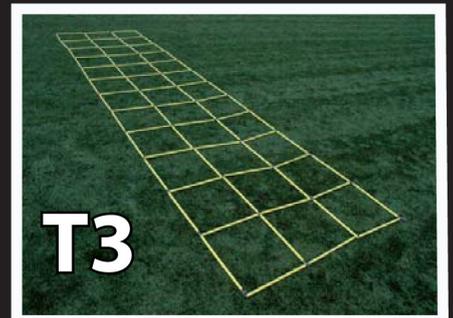
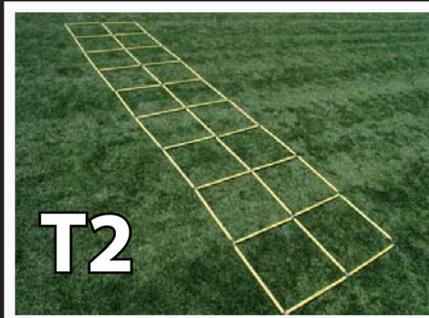
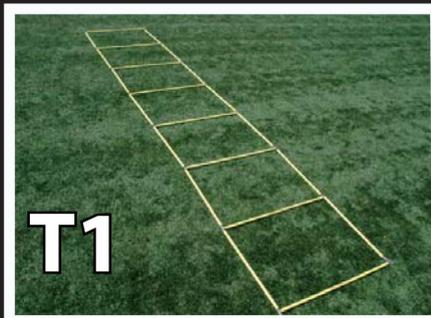
The quality of the complex movement like sprinting
is only as good as the quality of the simpler movements

Simpler movements should be part of coordination exercises in grassroots training

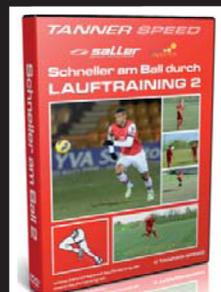
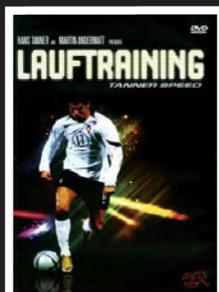
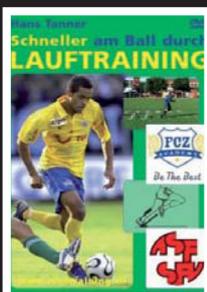


Material

Speed ladders



DVD



Warm-up Golden 8 – Coaching Points
T1, T2, T3- Drills
Special drills jumping power
U12 Training

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