

PURE SPEED

Pure speed training needs to be done with full recovery allowed! (Roughly 1-2 minutes), the reason being that you are working on being as FAST AS YOU POSSIBLY CAN BE.

Make sure that you always work on your posture, arm movement and form so that it will eventually become your form when you are in games.

Sprints should be no more than 50m in length in a straight line.

Make sure you do a good warm up.

Remember to PUMP those ARMS!!!

Examples of Pure Speed Training:

1) Straight sprints

- Set out two cones 50m apart
- Sprint from cone 1 to cone 2
- Rest 2 minutes
- Repeat total of 5 times

2) Short sprints

- Set out two cones 10m apart
- Sprint from cone 1 to cone 2
- Rest 1min
- Repeat a total of 10 times

3) Deceleration Sprints

- Set out 5 cones 5m apart
- Sprint from cone 1 to cone 2, stop at cone 2 (or slow)
- Sprint from cone 2 to cone 3, stop at cone 3 (or slow)
- Etc...
- Rest 1 min
- Repeat total 5 times
- This can also be done with the cones at different distances apart. Make sure if you make them further apart to adjust the recovery time appropriately (so if further apart, take a longer recovery)

4) Backwards and Forwards

- Set out 3 cones
- Cone 1 to 2 should be 5m apart
- Cone 2 to 3 should be 10-20 m apart
- Start at cone 1 and sprint to cone 2
- At cone 2 stop and backward sprint to cone 1
- Drop down into a sprinter start from to then sprint forward to cone 2
- Then backwards to cone 1

- Finally sprint all the way to cone 3
- Remember to PICK UP YOUR HEELS and to PUMP YOUR ARMS when sprinting backwards!!!
- Rest 1 min. Repeat a total of 5 times.

5) Reaction Sprint

- This is when you use some other way of recognising when to start
- Use noise – someone yells when to go
- Use sight – see something and react (like a bicycle going by)
- Use an opponent – let someone else start and when you see them start, you start and try to beat them
- All of the above can be made into reaction sprints

Remember to do a good warm-down and to stretch!

DRINK WATER AND ELECTROLYTES!