

OVERSPEED TRAINING PROGRAM

In-Season OverSpeed Maintaining Microcycle

WARM-UP: 8 min total:

1. Variety Jogging – 5 min; Stretching – 3 min

MODEL EXERCISES (OverSpeed Drills):

2. OverSpeed Run – 3x30 yd

3. OverSpeed Agility: 3x30 sec Shuttle Forward

4. Single Leg Hops Shuttle

Forward/Backwards

Backwards/Forward

5. Dribbling with the ball: Defense-Offence. Offence always with the ball, defense without. Shuttle between 100-250% stretch of the bands and head ball from the offense when they surrender the ball.

Offence/Defense

Defense/Offence

6. Zigzagging: Play Offence-Defense. Offence is always with the ball and surrenders it at the edge of each shuttle and becomes defense. Move left – right as wide as it is possible.

Offence/Defense

Defense/Offence

COOL DOWN – 8 min total:

7. Jogging – 3 min, Stretching – 5 min

PERIODIZATION

Week	Number Workouts	Sets	Rubber Band Stretching	Time of Engagement	Methodology	Total Time
Season	1	1	100-250%	45 Sec	Alternative	35 Min

Note: This is a workout, which will allow maintaining the achieved level during the season lasting up to 12 weeks.