

OVERSPEED TRAINING PROGRAM

Pre-Season OverSpeed Specific Agility Microcycle – – 3 weeks

WARM-UP: 10 min total:

1. Variety Jogging – 6 min; Stretching – 4 min

MODEL EXERCISES (OverSpeed Agility Drills):

1. Running – The players always run forward or backwards with switching the body position at the end of each shuttle dribbling a ball.

Forward/Forward

Backwards/Backwards

3. Lateral Dribble – Dribble the ball with only one leg.

Forward/Forward – with left side resisted, right assisted

Forward/Forward – with right side resisted, left assisted

4. Multi-direction Movement – One player is dribbling with shuffle always Left Side Forward for one shuttle, alternate with one shuttle Forward dribble, than the player will do Right Side one shuttle Forward, combined with one shuttle Backward dribble. Alternate till the time is over.

Left Side Shuttle/Forward Dribble

Right Side Shuttle/Backwards Dribble

5. Zigzagging – dribble the ball. The best way to that drill is to combine the players from two pairs, playing offence-defense. The offence always dribbles the ball zigzagging and at the edge of each shuttle surrenders the ball and becomes a defender.

Forward/Backwards

Backwards/Forward

6. OverSpeed Run – 5x40 yd

COOL DOWN – 6 min total:

7. Jogging – 3 min, Stretching – 3 min

PERIODIZATION

Week	Number Workouts	Sets	Rubber Band Stretching	Time of Engagement	Methodology	Total Time
1	2	3	100-250%	45 Sec	Alternative	65 Min
2	2	2	100-250%	35 Sec	Alternative	50 Min
3	2	1	100-250%	30 Sec	Alternative	35 Min

Note: If time cut is necessary, better stay with one set of each overspeed drill and complete all of them. In this case the duration of the workout will be around 35 min.