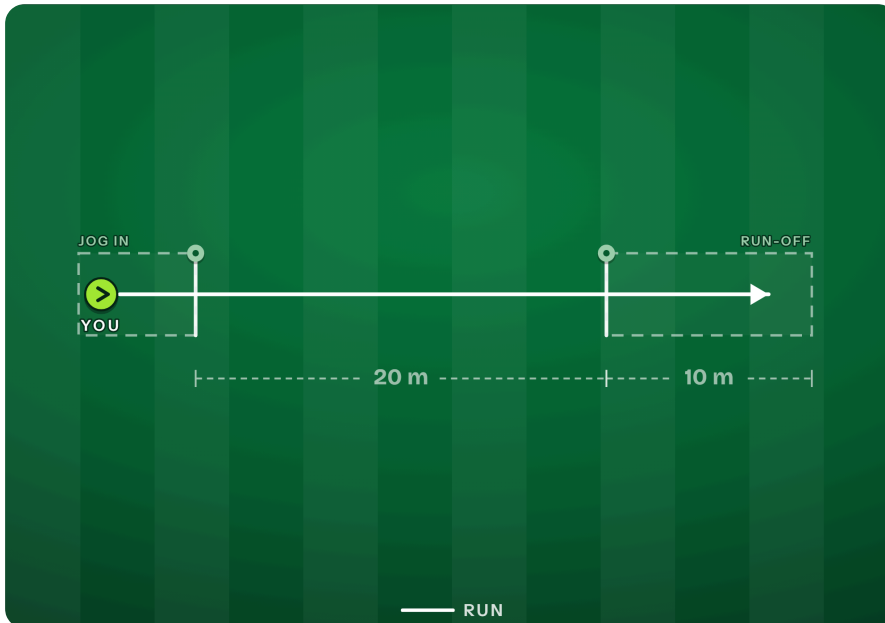




Set up

- Warm up first
- 2 cones: start, finish
- 20 m, tape-measured
- Room to slow down

Dose

- 6-8 sprints, mixed starts
- Walk back, rest 1-2 min

6-8 sprints of 10-20 m a session, inside the plan's 6-8 sprints (not extra), walking back and resting 1-2 minutes (our target).

What it trains

Short, flat-out accelerations from the starts a match gives you: side-on, on the move and up off the ground. Full rest between them, so every rep is fresh and fast.

How it works

- Warm up first: FIFA 11+ Kids (ages 7-13), FIFA 11+ (from 14) or your club warm-up. Then 2-3 build-up runs, each a little faster.
- On flat, dry grass or a track, tape-measure 20 m. A cone on the start line and one on the finish line, with at least 10 m of clear run-off.
- Side-on: stand sideways on the start line, then turn and sprint through the finish. Rolling: jog in from about 5 m back and go flat out at the line.
- Face down: lie on your front behind the line, head towards the finish, hands under your shoulders. Push up and sprint.
- Ease down in the run-off, walk back and rest 1-2 minutes. Do 6-8 sprints, mixing the starts; stop early if you are clearly slowing.

Coaching points

- Push the ground back**
Lean forward and push the ground back behind you on every step, with each foot landing under your hips, not out in front.
- Rise like a plane**
Let your body rise little by little as you speed up, like a plane taking off. You are only running tall once you are near top speed.

× **Not this:** Popping straight up in the first steps. Standing tall too soon means you push down instead of back, so the start loses its drive.

MY NOTES

HARDER

Race a partner from mixed starts (one face down, one side-on), or have a partner roll a ball past you and race it to the finish cone.

EASIER

Use 10 m and only the side-on and rolling starts. Under 12 (14 for later developers): chase and tag games, the plan's choice; research on the best age is mixed.

Safety

- Never sprint from cold. Under 18: an adult or coach nearby.
- Flat, dry grass or a track, never a road, pavement or driveway. Keep the run-off clear of walls, fences, posts and people. Face down: clean, dry grass.
- Under 16: knee or heel pain when you run or jump? Stop and tell an adult. Growth pains are common; a GP or physio can help.
- Chest pain, faint or dizzy: stop at once (under 16: tell an adult); GP or NHS 111 the same day, 999 if someone collapses.
- Tight hamstring or any pain: stop, see a GP or physio; never train through it.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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