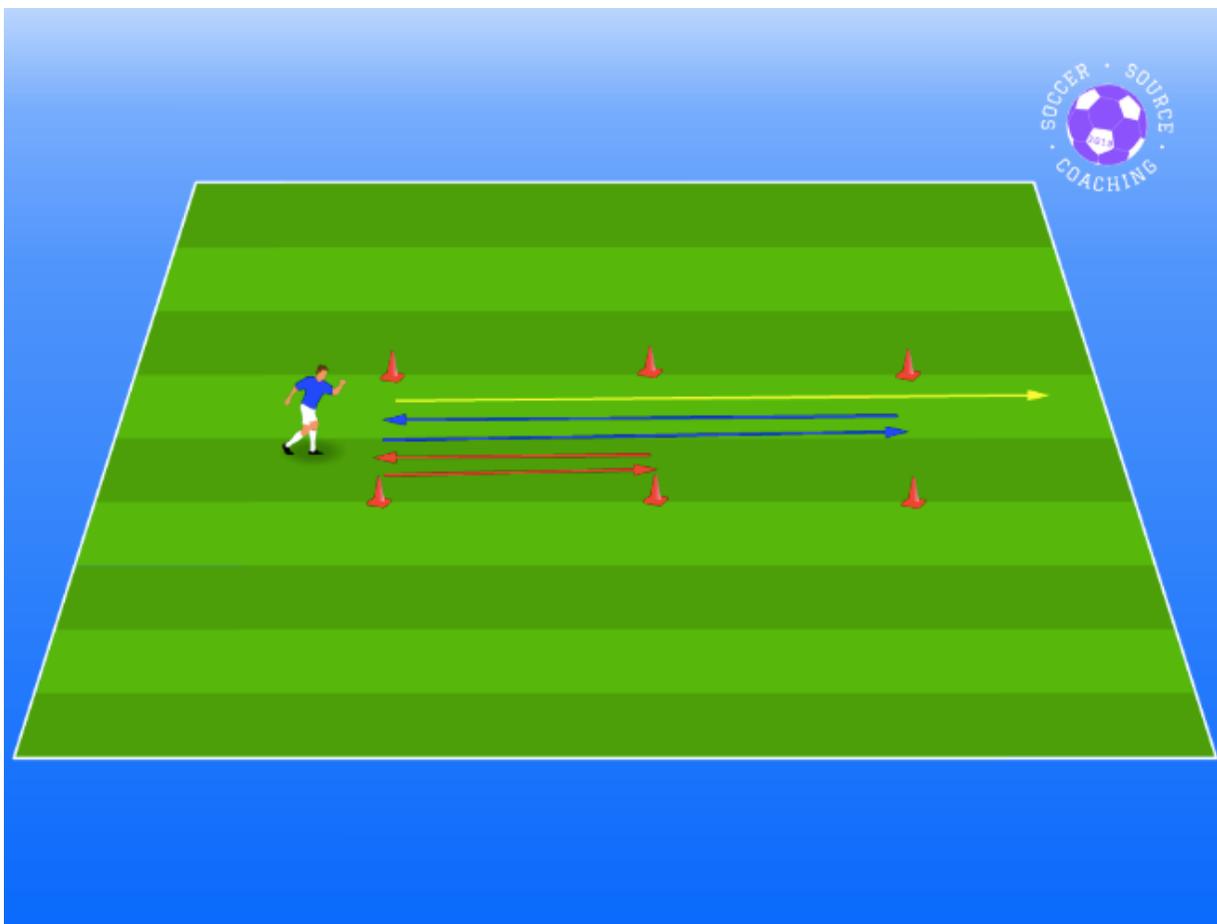


Shuttle runs soccer drill



How it works

Set up three gates 1 yard in width, 15 yards in total length with 1 gate in the middle.

The player will start at the first set of cones sprint to the first set of cones then back to the start.

They will next go to the furthest set of cones and then back to the start.

On the final sprint, the player will sprint through the gate. This is also a great agility soccer drill to do with a ball to make it more game realistic.

Coaching points

- Focus on getting a lower center of gravity when turning
- Take smaller and lighter steps to turn 180 more efficiently
- Keep a lower center of gravity and a leaning forward body position to accelerate out of the 180 turns.

Questions

- How can you make turning easier?
- What type of steps do you need to take?
- How should your body position be when accelerating out of the 180 turns?

Purpose

The purpose of this drill is to help players turn 180 degrees and quickly accelerated to either get away from a defender or get back to stop a counter.

Set up

- 6 cones
- 1 soccer ball (optional)

Beginner