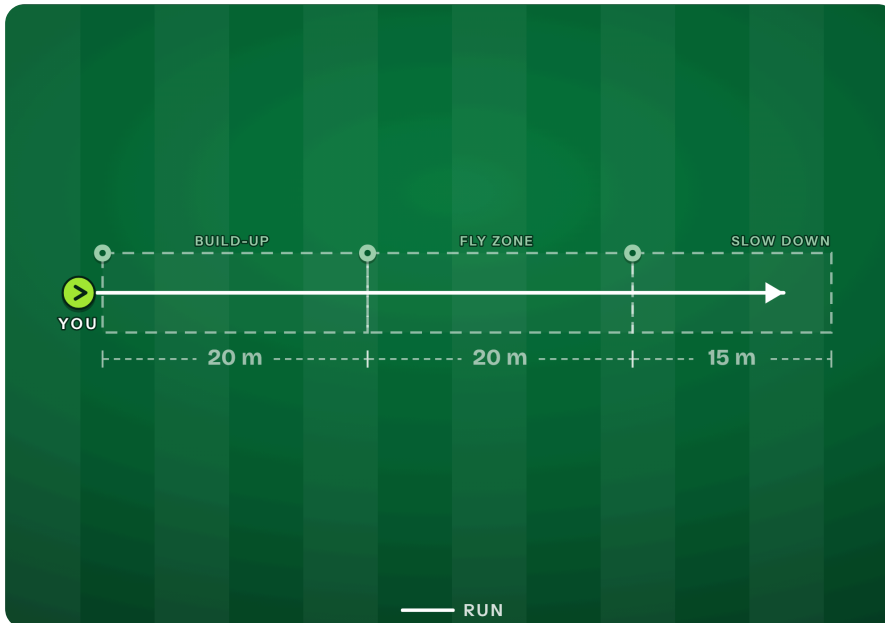




Set up

- Warm up first
- 3 cones, tape measure
- Fly zone: 20 to 40 m
- 15 m to slow down

Dose

- 4 runs a session
- Walk back, rest 3-4 min

4 runs with 3-4 minutes' rest, once or twice a week, in place of one of the plan's sprint sessions, not extra (our target).

What it trains

Practise running at your top speed: a smooth 20 m build-up, then 20 m flat out through a fly zone, then a gradual slow-down. Only a few runs, with long rests, so every one is fast.

How it works

- Warm up first: the full FIFA 11+ or your club warm-up, then 2-3 build-up runs, each a little faster.
- On a track or flat, dry grass, tape-measure cones at 0, 20 and 40 m, with at least 15 m of clear space after the last cone.
- From a standing start behind the first cone, build up smoothly, so you reach top speed as you pass the 20 m cone.
- Hold top speed through the fly zone (20 to 40 m), then ease off gradually over the next 15 m. Never stop suddenly.
- Walk back and rest 3-4 minutes (an NSCA coaching article suggests 3-5 minutes for top-speed sprints). Do 4 runs; stop early if you are clearly slowing.

Coaching points

- Run tall, shoulders relaxed**
Through the fly zone, run tall with your hips high and pointing forward. Keep your shoulders, hands and face relaxed, and swing your arms from the shoulder.
- Quick feet under your hips**
Keep your feet quick and light, on the balls of your feet, each one landing under your hips. After each push, bring the knee straight through in front.

✗ **Not this:** Reaching out in front with your foot, so it lands well ahead of your hips, heel first. Each step then brakes you instead of driving you on.

MY NOTES

➤ HARDER

Film the fly zone side-on from level with its middle, the same way each time, and compare your runs over the weeks.

➤ EASIER

3 runs at about 90% effort, with the same full rest.

🛡️ Safety

- Never sprint from cold: the full FIFA 11+ (or your club warm-up) and 2-3 build-up runs first.
- A track or flat, dry grass, never a road, pavement or driveway. Keep the 15 m after the fly zone clear of walls, fences, goals and people.
- Stop at the first sign of a tight hamstring or any pain, see a GP or physio, and never train through it.
- Chest pain, faint or dizzy: stop at once; GP or NHS 111 the same day, 999 if someone collapses.
- 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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