



WASHINGTON RUSH

11 v 11 Training 13-15

Improve Acceleration through Turns

Work Warm up

Sets

Reps

High Knees

2

30 sec. 15 sec. rest

Heel Flicks

2

30 sec. 15 sec. rest

A Skips

2

30 sec. 15 sec. rest

Lateral Bounds

2

30 sec. 15 sec. rest

Acceleration

Speed T var. 2 (10 yd between cones)

3

45 seconds. 15 sec. rest

Turns (Using T variation)

Sole Stops

2

1 min work; 30s rest

Inside

2

1 min work; 30s rest

Outside Hook

2

1 min work; 30s rest

Pull Push

2

1 min work; 30s rest

Acceleration

Speed W var. 2 (5 yd between cones)

3

45 seconds. 15 sec. rest

Turns (Using W variation)

Cruyff

2

1 min work; 30s rest

Cruyff Touch

2

1 min work; 30s rest

Stepover

2

1 min work; 30s rest

Stepover Same Foot

2

1 min work; 30s rest

U-Turn/Conti

2

1 min work; 30s rest

Strength

Burpees

1

1 min

Mountain Climbers

1

1 min

Push ups

1

Max

Crunches

1

1 min

