

## SPEED/CHANGE OF DIRECTION TRAINING

WEEK	EXERCISE	INTENSITY	SETS	REPS	REST
1	A] Linear speed	90%	2	4 X 30m	2' and 5'
2	B] U-Turn	90-95%	1	6 x 20m	2'
3	C] U-Turn	95-100%	2	4 x 20m	2 and 5'
4	D] Pro-agility test	90-95%	2	4	5'
5	A + B	90%	4 [2+2}	4	2' and 5'
6	A + B + D	95%	3 [1+1+1]	5	2' and 5'
7	A + B +D	90%	3[1+1+1]	6	2' and 5'
8	A + B + D	95%	3[1+1+1]	3	2' and 5'

**The above table shows an 8-week off-season speed/change of direction training program that I ideated and implemented in handball and football. The number of exercises increases over the course of the 2 months training. The program can be used for many team sports including hockey and rugby.**