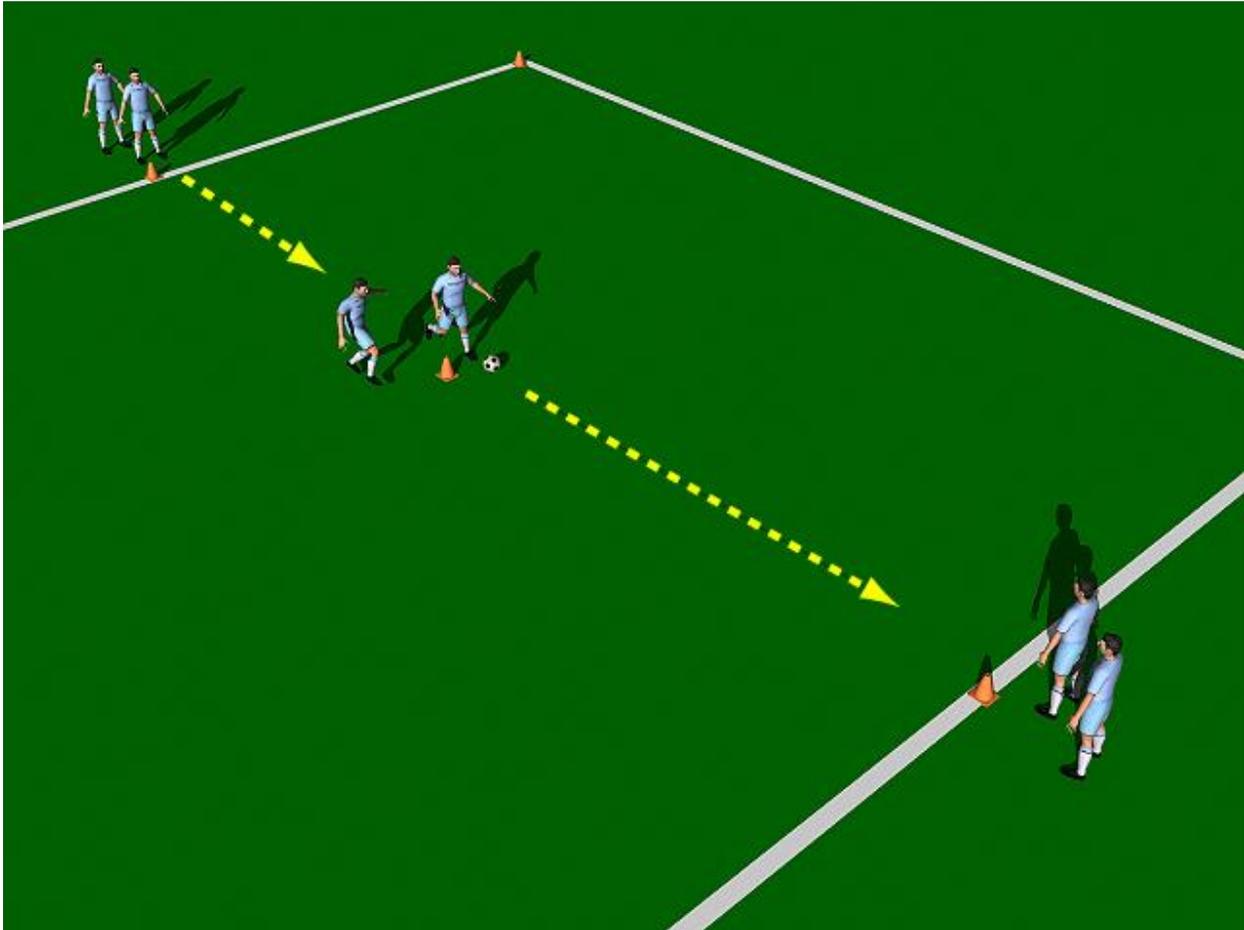


## Acceleration Drill



### Exercise Objectives:

This is a great drill that has a dual function. First, to improve the ability of the attacking player to change pace and direction to accelerate quickly away from the defender. Secondly, it helps improve the defender's ability to stay with the attacking player.

### Coaching Pointers:

Divide your team into pairs. Position each group as in the diagram above. A player runs with the ball and stops at the middle cone; he then quickly accelerates to the opposite side. The defender's job is to "stay alongside" the attacker. Reverse roles next time.

Progression: Progress the drill by allowing the attacker to accelerate in any direction once they get to the middle cone. The attacker's objective is to create the greatest distance between them and the trailing defender.

### Focus On:

- Quick tempo when attacking (speed is the key)
- Realistic full speed defending. (watch the ball)
- Change of Speed
- Change of Direction

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