



Running Drills for Soccer Players

Drill cards and forest-run plan

This document was provided by areacopa.com.

TEAM

AGE GROUP

COACH

The 10 running drills

Each drill 15 to 20 meters, walk back easily.

- Ankling (fast feet): tiny, fast steps on the ball of the foot
- High knees (A-skips): knee at hip height, upper body upright
- Heel flicks: heel toward the glute, do not reach out front
- Stork hold: hold the high knee, stabilize briefly, then go on
- Power skips: push off emphatically upward, arms swing along
- Bounding: wide, sweeping bounds, long flight phase
- Side gallop: hips to the side, do not cross the legs
- Stride-outs at high cadence: short steps, build pace
- Resisted runs: short steps, work against the resistance
- Standing start: low start, explosive first steps

Build the drills in right

Regularity beats volume.

- Build it into the warm-up twice a week
- Plan 8 to 12 minutes per session
- Pick 3 to 5 drills per training
- Six clean reps beat twenty sloppy ones
- Secure the technique first, then raise the pace
- Jump-heavy drills only in small doses and older age groups

Age-appropriate from U11 to U18

The demand rises with each age group.

- up to U11: varied running and tag games, no isolated technique
- U11 to U13: basics ankleing, high knees, heel flicks
- U13 to U15: chain drills, add stride-outs
- U15 to U18: burst over 10 m, bounding, raise pace

Forest run in pre-season

Easy base endurance on soft ground.

- Choose soft forest ground, avoid asphalt
- Run in the aerobic zone: keep a conversational pace
- 20 to 40 minutes depending on age and season phase
- Two easy runs per week in pre-season
- Increase frequency first, then duration, lastly pace

My forest-run plan (6 weeks)

Fill in and tick off per week.

Week	Runs/week	Duration (min)	Pace (HR/feel)	done

