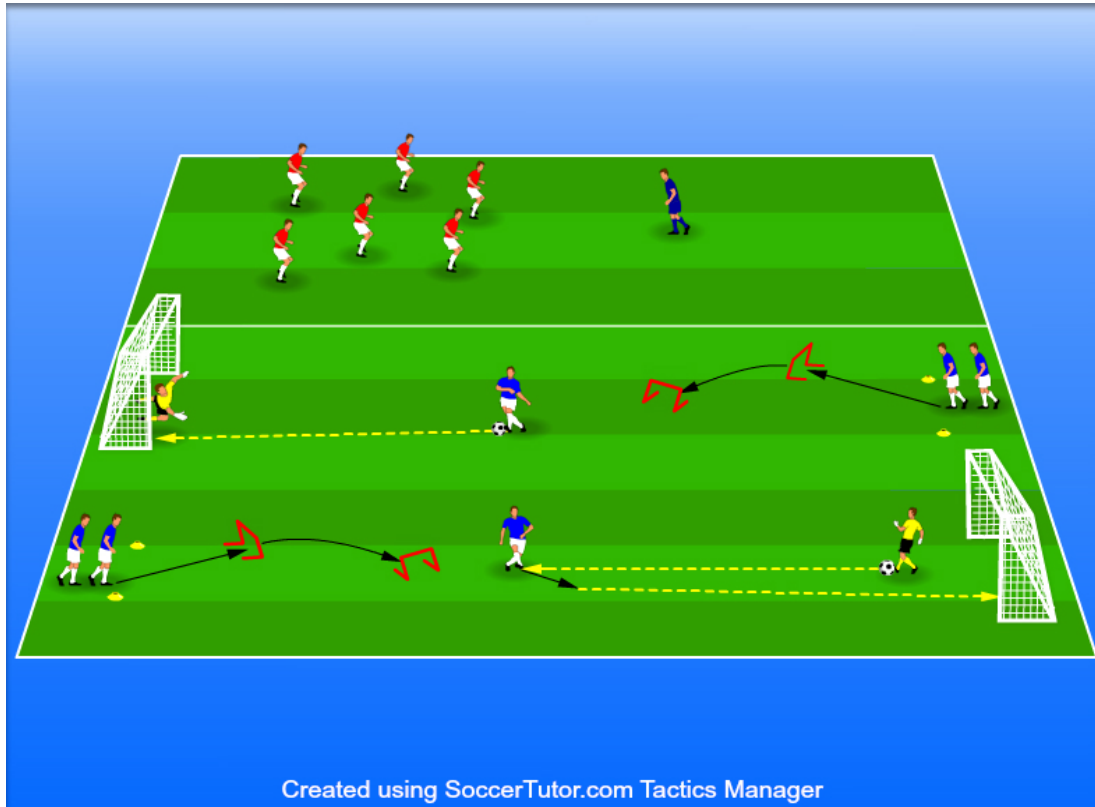


Strengthening and Explosive Power



Levels: U13-15

Measurement: 30 x 40 Yards

Duration: 20 Mins

Players: 6

Objective: Strengthening and Explosive Power

Description: **4 Minutes:** 20 Squats (Maintain position for 10 seconds and recover for 10 seconds).

2 Minutes: Stretching.

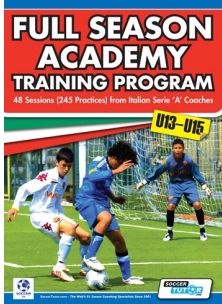
4 Minutes: 20 Squats (Maintain position for 10 seconds and recover for 10 seconds).

5 Minutes: The players jump over the 2 hurdles, receive the ball from the goalkeeper and shoot.

Strengthening and Explosive Power

This Drill is Taken From...

By Coach



48 Sessions (240 Practices) From Italian Serie 'A' Coaches

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Mirko Mazzantini

ACF Fiorentina
Academy Coach .

Equipment Needed



Space Markers



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Rubber Marker Discs



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Hurdles



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Training Ball



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Mini Pro Cones



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