

What is speed & agility ?

Speed & Agility > Introduction

An essential element of successful football performance is to accelerate, change direction quickly and deceive the opposition. Performing these movements while dribbling with alternate feet requires considerable effort and control. This requires development of speed and agility.

In football, the ability to accelerate, decelerate and rapid movements in all directions is more important than simply running fast

To analyse this element of fitness we need to consider the components of speed and agility separately. These are:

- **speed strength** - force needed for acceleration, deceleration and change of direction
- **agility** - ability to explosively brake, change direction and accelerate again

How can speed and agility improve my performance?

Speed and agility training is an integral part of training for all players, and can help you successfully perform the following football movements.

- dribbling
- evading tacklers
- chasing the opposition
- change direction quickly
- start and stop effectively
- react to situations
- Retreating to referees and assistant referee commands
- Avoiding injury and much more.

Decision making is an integral skill - you've made the right decision - now you need the speed and agility to get there!

Work hard at it and you will get the rewards !