



SPEED

All speed work should emphasise intensity and be performed at maximal effort. However players need to develop an efficient sprint technique before progressing to full pace training. Once sprint technique is mastered players should incorporate speed with activities specific to their position, eg. Dodge, jump, pass, and change of direction as required patterns of play.

Technique

Take Off	Maximum Speed
<ul style="list-style-type: none"> - First few steps should be powerful - Keep steps short, don't overstride - Drive arms hard - Aim for minimal contact with the ground 	<ul style="list-style-type: none"> - Head upright and neck relaxed - Body upright - Move arms and legs in the direction of movement - Avoid long arm and leg movements, and overstriding

Training

The work:rest ratio for speed training should be 1:3. The intensity of each work effort must be 100% with full recovery provided between each work effort, hence the longer rest period.

Specificity

As specific preparation is essential, speed work should be performed on court using movement patterns and activities specific to the needs of each individual player and their position.

Speed Training Recommendations:

Player:	Senior	U21	Secondary	Umpire
Distance (m)	5-30	5-30	5-20	5-30
Reps	6-10	4-8	4-8	4-8
Sets	3-5	3-4	2-3	3-4
Work:Rest	1:3	1:3	1:3	1:3
Sessions/Wk	2-3	2-3	2	2-3
Rest between sets	2-3mins	2-3mins	2-3mins	2-3mins
Total distance (per session)	500m	400m	300m	400m

Programme for Senior Players:

1. Warm Up

4-6 x 50-60m strideouts = 20m at 60% max pace
 20m at 75% max pace
 20m at 90% max pace

2. Speed of the Mark

Set	# Reps	Distance (m)	Work:Rest
1	12	5	1 : 3
2	10	10	1 : 3
3	8	15	1 : 3
4	5	20	1 : 3
5	8	15	1 : 3
6	10	10	1 : 3
7	12	5	1 : 3

3. Maximum Speed

Set	# Reps	Distance (m)	Work:Rest
1	10	10	1 : 3
2	8	20	1 : 3
3	6	30	1 : 3
4	4	40	1 : 3
5	6	30	1 : 3
6	8	20	1 : 3
7	10	10	1 : 3