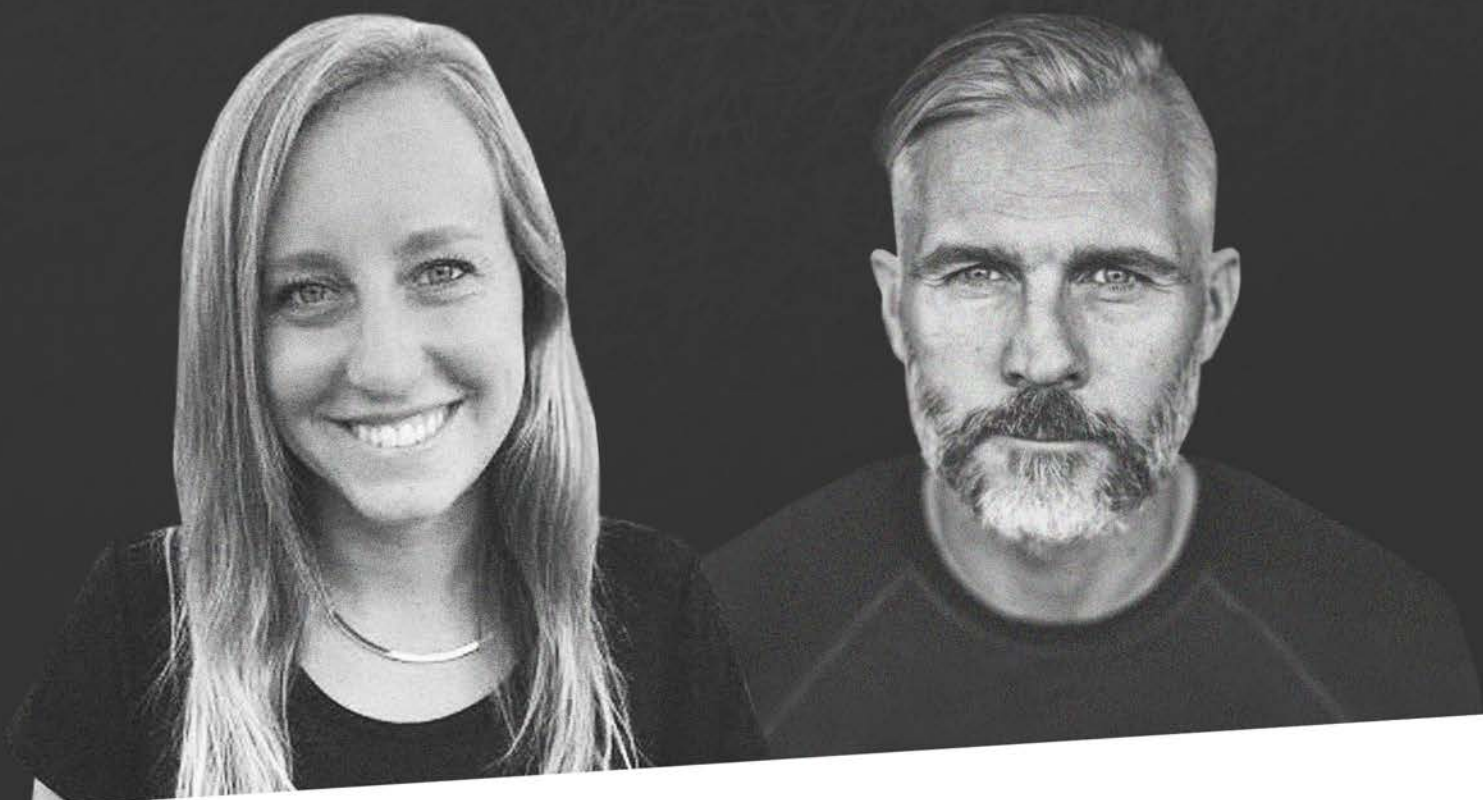


THE ART OF AGILITY

THINK FAST, MOVE FAST.



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WEBINAR SUMMARY ↴

THE **ART OF AGILITY**: THINK FAST, MOVE FAST.

To be successful in soccer, one must first master the art of agility, that is the ability to think fast and move fast. In this webinar we offer a clear path for coaches to improve the agility of their players directly from the field.

Check out our three stages of agility movements that need to be purposefully trained in order to develop players that can think fast, move fast!

THREE STAGES OF **AGILITY** ↴

STAGE 1 / PLANNED MOVEMENTS



Changing
direction



Accelerating



Decelerating

Drills per session

2 TO 4 DRILLS

Repetitions per drill

1 TO 2 REPETITIONS

Seconds per drill

2 TO 10 SECONDS

Seconds of rest between drills

5 TO 15 SECONDS

Total time for stage 1 practical application

2 TO 3 MINUTES

THREE STAGES OF **AGILITY** ↘

STAGE 2 / REACTIVE MOVEMENTS



Mirror



Tag



Shadow and dodging

Drills per session

1 TO 3 DRILLS

Repetitions per drill

1 TO 3 REPETITIONS

Seconds per drill

10 TO 20 SECONDS

Seconds of rest between drills

10 TO 30 SECONDS

Total time for stage 2 practical application

2 TO 4 MINUTES

STAGE 3 / SMALL SIDED GAMES



1 versus
1 player



2 versus
2 players



3 versus
2 players



5 versus
5 players

NOTE: Size of pitch should be appropriate to number of players

Drills per session

5 TO 10 DRILLS

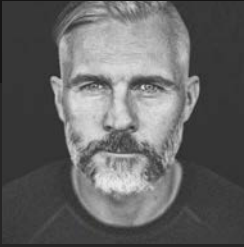
Repetitions per drill

1 TO 3 REPETITIONS

Time per small sided game

20 SEC TO 4 MIN

BIOS AND COMPANY OVERVIEW ↴



JOHNNY WILSON/**BP**

Johnny was born and raised in County Cork, Ireland. He has a Master's in Sports Medicine, and has dedicated the last 16 years to the profession.

He was recently appointed as Head Physiotherapist at Chesterfield FC after 7 years with Notts County. At Notts County, Johnny's sports medicine team was named "Best Sports Science and Medicine department in League Two".

Passionate about helping athletes achieve their goals, the move into professional sport was a natural fit.



MICHAEL SUP/**BP**

Michael is a Ph. D. candidate at Ohio University with a degree in Curriculum and Instruction. He gained his Masters Degree in Coaching Education and has a Bachelors in Sport Studies.

Michael is also a UEFA, USSF and United Soccer Coaches qualified soccer coach with experience in the professional academy system in the UK. He has been coaching across multiple levels of youth soccer here in the US for the past six years.



ASHLEY LEHR/**USCS**

Ashley Lehr is the Operations Manager for US Club Soccer. She manages the Players First initiative, which promotes a holistic club soccer experience for parents and players.

Lehr has an MBA specializing in Sport Management from ESERP Madrid School of Business and a Bachelor of Arts in Managerial Economics and in Spanish from Allegheny College.

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Through our smart monitoring technologies, we provide simple health data and impactful educational guidelines that help coaches create better training curriculums, while improving every player's health and overall performance.

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Beyond Pulse is the ultimate soccer coaching diagnostic tool, empowering coaches with critical health data, resulting in better training, improved player health and performance.

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