The Non-League Network

thenon-leaguenetwork.co.uk

🏁 Mission 7 - Speed & Power

🎯 Mission Objective



Understand why speed and power are important in football and learn how developing explosive qualities can help you become a more effective player.

Time to complete: 20 minutes

Mission Videos

Click below to watch Mission videos:

Module 7.1

Module 7.2

Module 7.3

Module 7.4

⚡ Why Speed & Power Matter

Football is a game of moments.

A few seconds can decide:

- Winning a race to the ball
- Beating a defender
- Making a recovery run
- Creating separation
- Exploding into space
- Winning a challenge

Speed and power help players make those moments count.

🏃 Speed Is More Than Running Fast

When people talk about speed, they often think about top speed.
But football is usually decided in shorter moments.

Things like:

- Your first few steps
- Your ability to accelerate
- Your reaction speed
- Your ability to change direction

A player who can create separation quickly has an advantage.

💥 What Is Power?

Power is your ability to produce force quickly.

In football, this helps with:

- Explosive movements
- Jumping
- Sprinting
- Changing direction
- Competing physically

Power allows you to turn strength into actions on the pitch.



Where Speed & Power Appear In Football

Attacking

Speed helps you:

- Beat defenders
- Make runs behind
- Create space
- Attack quickly

Defending

Speed helps you:

- Recover
- Close down opponents
- React to danger

Physical Battles

Power helps you:

- Hold your position
- Compete for the ball
- Stay balanced

🧠 Developing Speed & Power

Speed and power are not just about doing more sprinting.

They require:

Good Foundations

Strength and movement quality create the base.

Good Technique

Running mechanics and movement patterns matter.

Quality Training

Explosive work requires:

Focus, Maximum effort and Good recovery

Consistency

Speed development takes time. Small improvements add up.

⚠️ Common Mistakes Players Make

Trying Advanced Exercises Too Soon

Players often copy professional exercises without building the foundations first.

Doing Too Much

Speed training is high intensity. Quality is more important than quantity.

Ignoring Strength

Power comes from being able to produce force. Strength creates the foundation.

⚡ NLN Speed & Power Support

NLN provides resources to help players develop their athletic ability.

Available:

✅ Plyometric sessions. **Download** [HERE]

🎯 Your Challenge

Think about your explosive ability. Ask yourself:

Can I:

☐ Accelerate quickly?
☐ Win the first few yards?
☐ React quickly?
☐ Produce powerful actions throughout a game?
☐ Compete physically?

Identify one area you want to improve.



✅ Your Mission Actions

☐ Understand why speed and power matter
☐ Identify your biggest area for improvement
☐ Complete a speed/power session
☐ Track your progress
☐ Share your focus with the community

✅ Mission Complete

You have:

✅ Understood the importance of speed and power
✅ Identified your athletic focus
✅ Started developing explosive qualities

Remember:

Football isn't only about how good you are. It's about how often you can show it.

Next step:
🏁 **Mission 8 — Recovery & Injury Prevention**

- **Find [here]**