



DRILL PROGRESSION

PLAYER LINES UP ON START LINE AND PLACES BALL OVER FAR END LINE

(1) SPRINT 15 YARDS

(2) COLLECT BALL AND DRIBBLE BACK 15 YARDS TO START LINE, LEAVE BALL

(3) SPRINT 15 YARDS TO FAR LINE, TOUCH LINE WITH FOOT, SPRINT BACK 15 YARDS TO START LINE

(4) COLLECT BALL, DRIBBLE 15 YARDS AND LEAVE BALL

(5) SPRINT BACK 15 YARDS TO START LINE

FIVE RUNS EQUAL ONE (1) REPETITION

RUN 1 REP, REST WHILE ANOTHER PLAYER RUNS 1 REP (REST / WORK RATIO IS 1:1)

3 REPS = 1 SET

REST / WORK RATIO BETWEEN SETS IS 3:1

TOTAL YARDS COVERED:

1 REP = 90 YARDS

1 SET = 270 YARDS

3 SETS = 810 YARDS