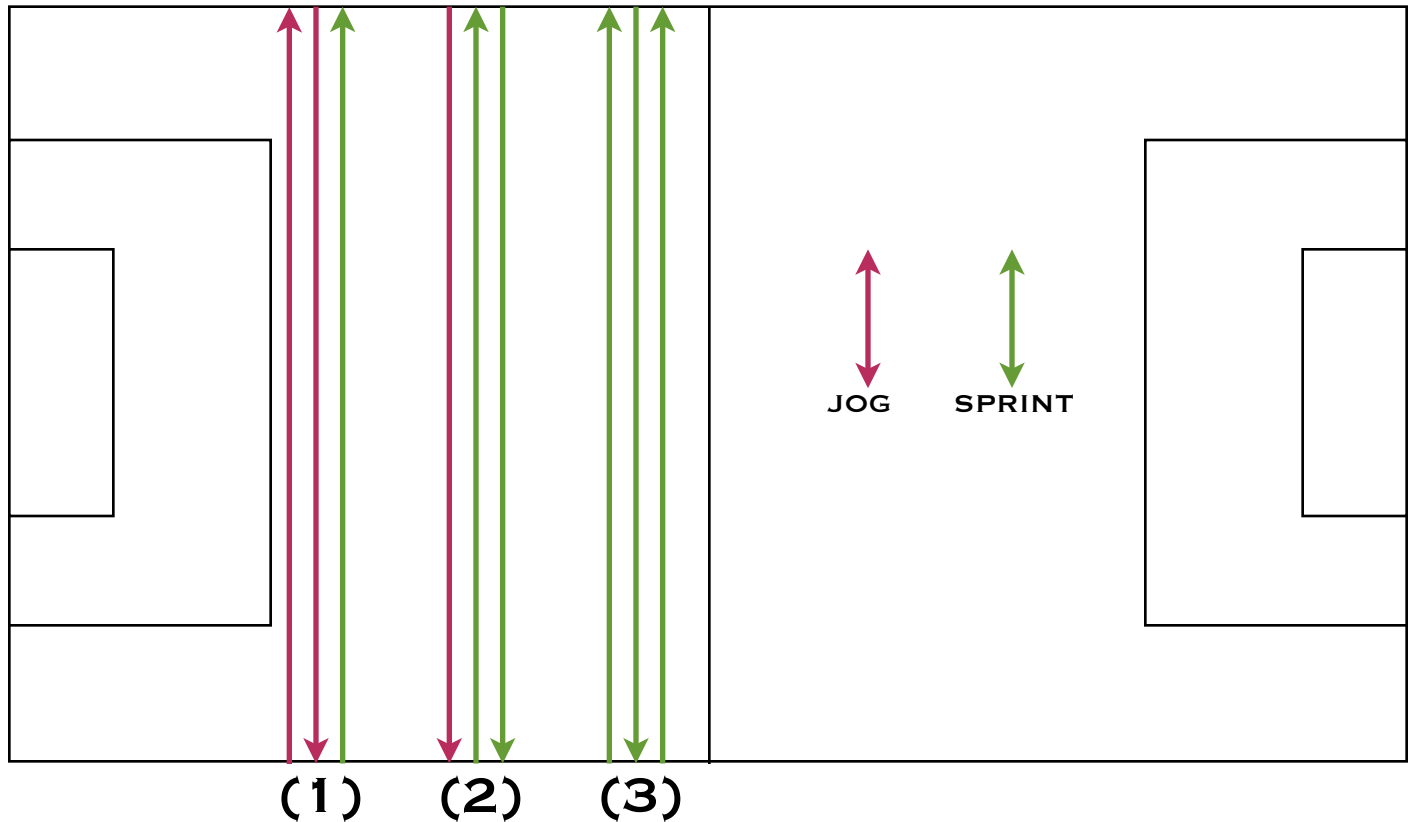


SPEED, AGILITY & QUICKNESS > “3 x 70s”



“3 x 70s”

- + 3 RUNS = 1 REPETITION
- + CONDUCT DRILL IN 2 OR 3 GROUPS SO REST / WORK RATIO IS 3:1 OR 2:1
- + EACH GROUP PERFORMS EACH RUN, RESTING BETWEEN EACH RUN
- + NUMBER OF SETS DEPENDS ON AGE AND/OR SKILL LEVEL OF PLAYERS

RUN (1): JOG ACROSS FIELD + JOG BACK + SPRINT (REMAIN AT FAR END)

RUN (2): JOG ACROSS FIELD + SPRINT + SPRINT (REMAIN AT ORIGINAL START LINE)

RUN (3): SPRINT + SPRINT + SPRINT

TOTAL YARDS COVERED IN 3 RUNS: $210 \times 3 = 630$

TOTAL YARDS SPRIENTED IN 3 RUNS: $6 \times 70 = 420$