



Practice Builder



Team: _____

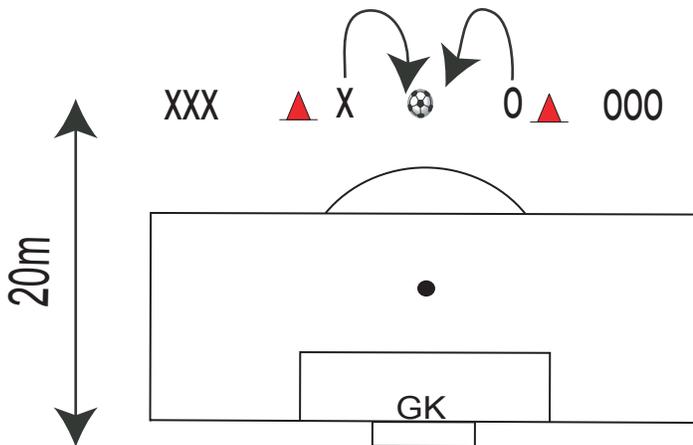
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus #5: Reaction Sprint and 1v1



1. x and o face goal and jog backwards away from ball.
2. When x changes direction and sprints to ball, o reacts and also sprints to ball.
3. Now x and o play 1v1 on net.
4. After 1v1, x goes to line of o's waiting and o behind x's.

Note: Set up two or three fields to have no more than 8 players in a group.