



Practice Builder



Team: _____

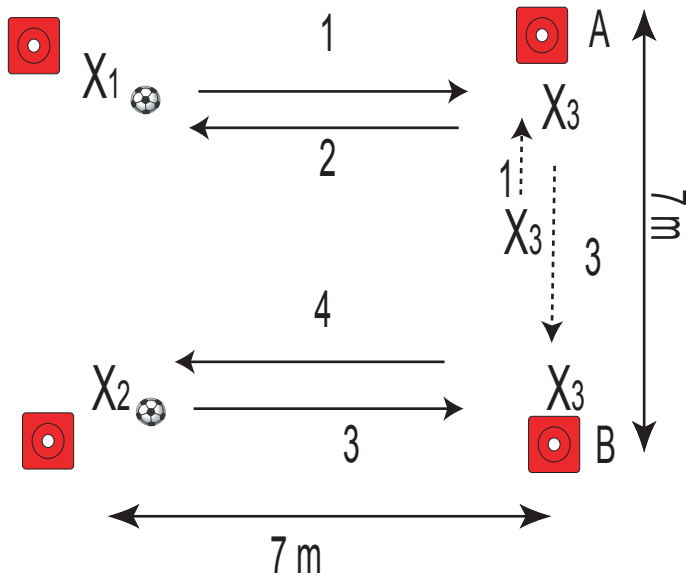
Date: _____

Fitness Focus

Things to observe: _____

Notes: _____

Fitness Focus 5: Sprint-Pass-Turn-Sprint-Pass (25 min)



1. X1 passes to cone A and X3 sprints to cone A to arrive at the same time as the ball
2. X3 one touch passes the ball back to X1 , turns and sprints to cone B to which pass from X2 is already coming.
3. sprints to cone B to which pass from X2 is already coming.
4. X3 one touch passes back to X2, turns and sprints to cone A, etc.

Rotate players through positions every 2 minutes, three complete sets.