



## 3 MINUTE WATER BREAK

### DRILL SPECS:

**Drill Theme:** Warm Up

**Field Location:** Midfield

**Time Needed:** 3 Min

**Drill Style:** Warm Up

**Field Position:** Offense, Defense, Midfield, Goalies

**Skill Level:** Basic

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### OBJECTIVE:

Water breaks are perfect for hydrating players and allowing them to rest during practice.

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### DRILL DESCRIPTION:

Have your players take 3 minutes and rest, while consuming water from designated areas.

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### SKILLS PRACTICED:

- Conditioning
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### VARIATIONS:

Add Gatorade or a sport drink to allow for a variety.

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