



MEN'S PERIMETER SPRINTS

DRILL SPECS:

Drill Theme: Conditioning
Field Location: Full Field
Time Needed: 10 Min

Drill Style: Conditioning
Field Position: Offense, Defense, Midfield, Goalie
Skill Level: Intermediate

OBJECTIVE:

To have the players set a goal and then achieve that standard through conditioning.

DRILL DESCRIPTION:

Start all players on the line at one corner of the field.
On the whistle the entire team will run the outside of the field in a comfortable time, all the way around the entire field.
Record that time, allow a short break, and then challenge the players to beat that time.
Once they have gone again and either achieved that time or have not, repeat again, or as many times as you have allotted for conditioning.

SKILLS PRACTICED:

- Conditioning

VARIATIONS:

Have your players cradle balls, run through obstacles, etc. around the field.

DRILL DIAGRAM:

