



## WOMEN'S PERIMETER SPRINTS DRILL

### DRILL SPECS:

**Drill Theme:** Conditioning  
**Field Location:** Full Field  
**Time Needed:** 5 Min

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

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### OBJECTIVE:

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

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### 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.

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### SKILLS PRACTICED:

- Conditioning
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### VARIATIONS:

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

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**DRILL DIAGRAM:**

