

PRE-SEASON FITNESS DRILL

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Setup:

- Arrange cones, obstacles, and the small goal as illustrated in the setup image.
- Position at least 2 players between each starting cone, with a minimum of 4 players in total.
- Adjust the distances between cones and obstacles based on the players' age and fitness level.



How It Works

- Simultaneously, the second player from the opposite side begins fast footwork through the stairs, timing their run to align with the first player.
- The two players then perform a one-two passing combination.
- The first player, now without the ball, runs through the obstacles to the side and sprints to the final cone.
- The second player dribbles through the obstacles and aims for the goal.
- Both players return to the starting cones, allowing the next pair to start.

