

FITNESS COMPETITION DRILL

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Setup:

- Arrange cones as illustrated in the setup image.
- Adjust the distance between cones based on the team's age and skill level.
- Place a small goal at the end of the cone path and position balls in front of it, ensuring there is one ball per player.
- Divide the players into at least two teams, with a minimum of three players per team.



How It Works

1. Once the players are ready, the coach signals the start of the drill.
2. The first player from each team runs to the first cone, ensuring they touch it with their hand to verify they've run the full distance.
3. The players zig-zag through the cones and then take a shot at the small goal.
4. The next player in line can only start once the previous player scores.
5. The first team to score with all their balls wins the competition.
6. The losing team(s) can be given a penalty, such as 10 push-ups.
7. Repeat the drill as many times as the players' fitness levels allow.

