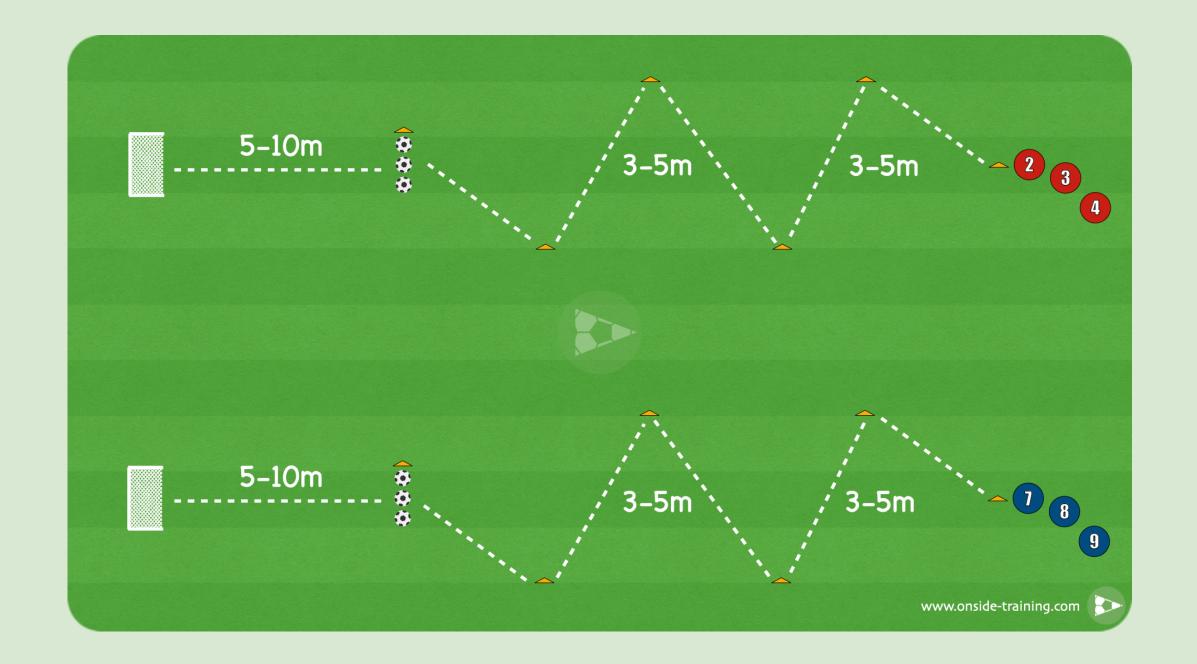
FITNESS COMPETITION DRILL

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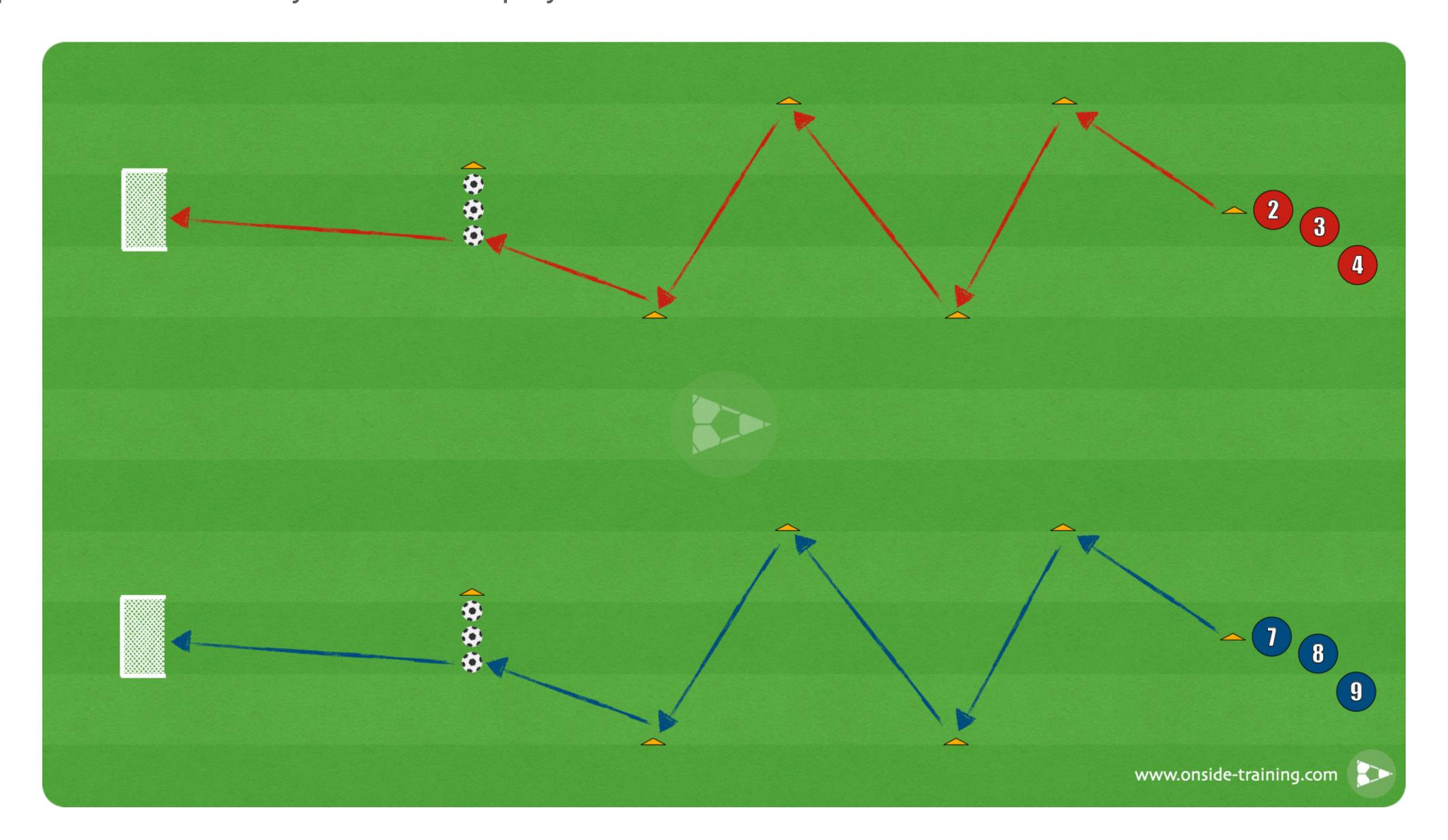
Setup:

- 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.



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