

## PRE-SEASON FITNESS DRILL



Players:  
+4



Time:  
10-20 min



Focus:  
Fitness



Age:  
U8+



Intensity:  
7 (1-10)

### 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.

### KEY POINTS

Players work in pairs to complete a high-intensity pre-season fitness drill that combines conditioning with dribbling, passing, and shooting. One player dribbles through the cones while the other performs quick footwork before combining in a one-two pass. The first player then sprints through the obstacles as the second attacks the goal. The drill develops fitness, ball control, timing, and technical quality.

