

FITNESS COMPETITION DRILL



Players:
+6



Time:
10-15 min



Focus:
Fitness



Age:
U8+



Intensity:
7/10

SETUP

- Arrange one zig-zag cone course per team, with a small goal at the end and one ball per player at the final cone.
- Divide the players into at least two teams of minimum three players, lined up behind the start cones.
- Adjust the distances between cones based on the players' age and skill level.

KEY POINTS

The Fitness Competition Drill is a high-intensity race between two or more teams. On the coach's signal, the first player from each team sprints through the zig-zag course, touching every cone by hand, then takes a ball at the final cone and shoots at the small goal. The next player can only start once a goal is scored, and the first team to score with all of their balls wins. The drill develops fitness, repeated changes of direction, and composure in front of goal under fatigue.

