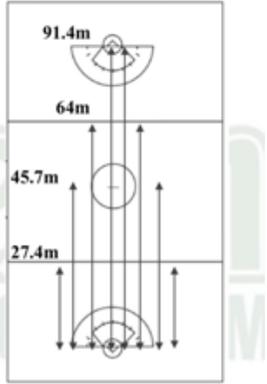
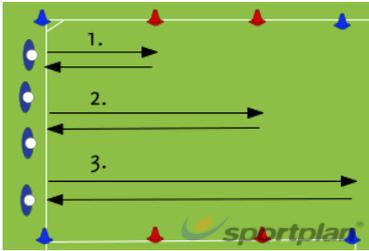
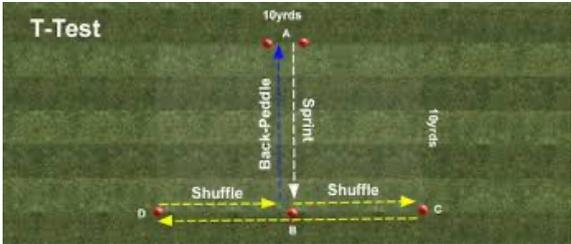
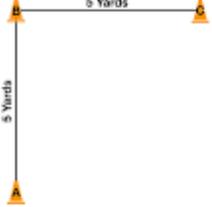


Fitness Drills

Drill Type	Drill Name	Explanation	Focus Points	Equipment
Partner Sprints Speed	Partner 1000's	Use field markings at goal line, restrainer, half way, second restrainer, and opposite goal line. First person starts the shuttle run starting from goal line to restrainer, then partner repeats. This continues going from goal line - restrainer, goal line - half, goal line - second restrainer, goal line - goal line, then back down, repeating goal line - goal line. Each rep is 1000m. Do 2 or 3 times.	Sprint effort for each run, rest when partner is running 	<ul style="list-style-type: none"> • Cones • Field markings
Sprints Speed	Shuttle Runs	Sprint to increasing distances and return to the start each time (e.g., 10m, 20m, 30m). Each rep should be 120m. Do 3-5 times.	Acceleration and top speed 	<ul style="list-style-type: none"> • Cones • Field markings
Power Sprints	Hill Sprints	Sprint uphill, walk back recovery. Do 10 times.	Power, leg drive	<ul style="list-style-type: none"> • Cones
Agility Sprints	T-Drill	Sprint forward, then laterally left and right, finishing with a backpedal. Do it 5 x 2 times.	Change of direction, agility 	<ul style="list-style-type: none"> • Cones

<p>Agility Sprints</p>	<p>L-Drill</p>	<p>Sprint in an L-shaped pattern with tight turns and accelerations. Do it 5 x 2 times.</p>	<p>Acceleration, cutting speed</p> 	<ul style="list-style-type: none"> • Cones
	<p>Fartlek</p>	<p>Set up a rectangular grid (e.g., 25m x 50m). Sprint the long sides (lengths) and jog/walk the short sides (widths) continuously. Do it for 2-4 minutes x 2 times.</p>	<p>Mixed intensity endurance</p>	<ul style="list-style-type: none"> • Cones