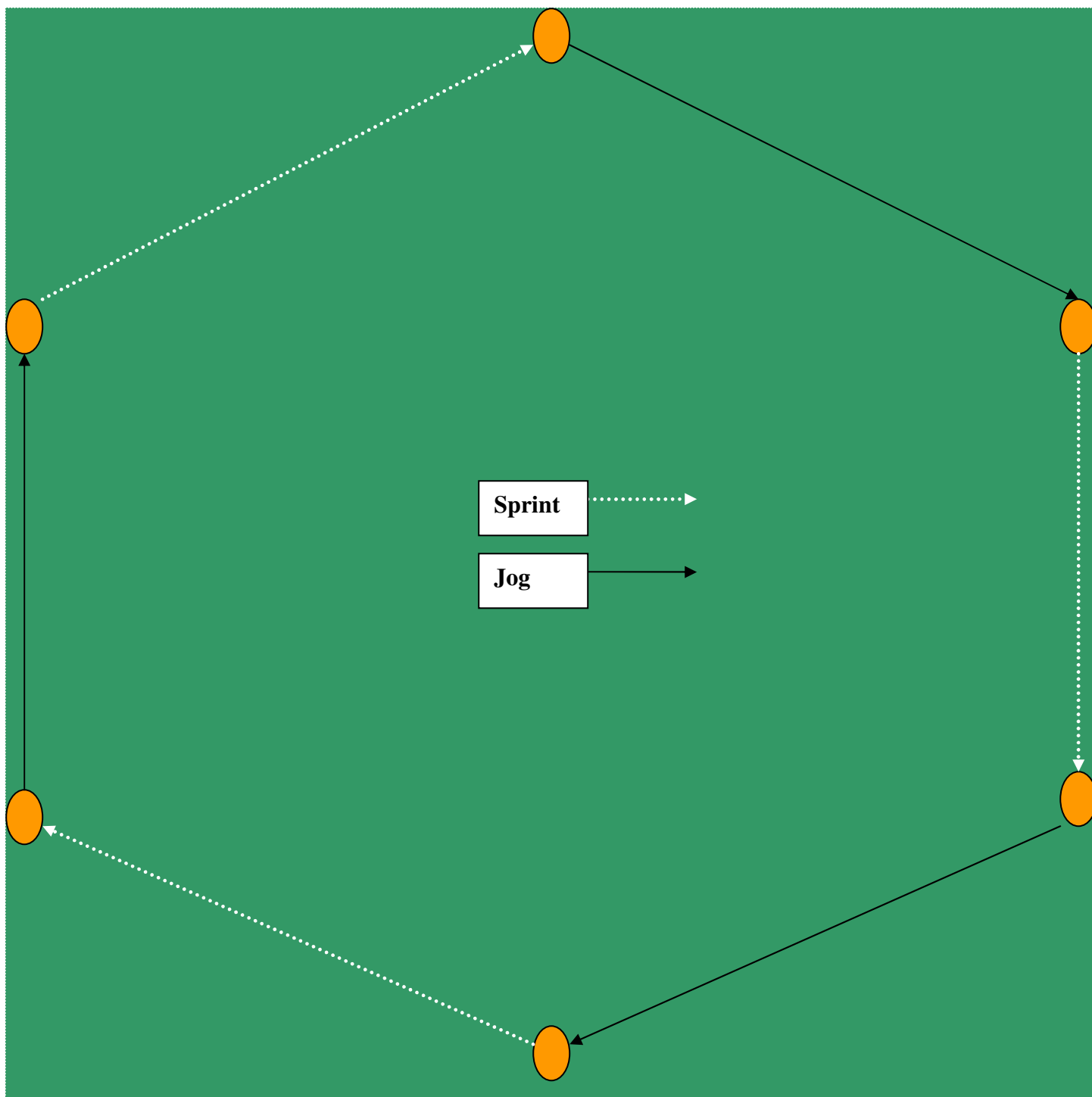


Slalom Fitness Runs



Set up

1. Six cones are needed.
2. Cones should be setup as shown above at a distance of 5 to 6 yards. The distance can be altered depending on team (players) fitness level.
3. Divide players into three groups of players.
4. Each group is placed at the beginning of the sprint cone.

Performing the drill

The first player in each group sprints to the next cone. After the first player reaches that cone the second player begins his or her sprint while the first jogs from current cone to next. Continue sequence until all members of have completed the course at least once or twice. Each player stops when he or she reaches the point they began.

Progression

1. Consider increasing the distance between the cones.
2. Remove the jogging option.
3. Change the jog to a fast sideways slide/shuffle/hopping.
4. Encourage players to run at as fast as they can.
5. Increase the number of times each player performs this drill.