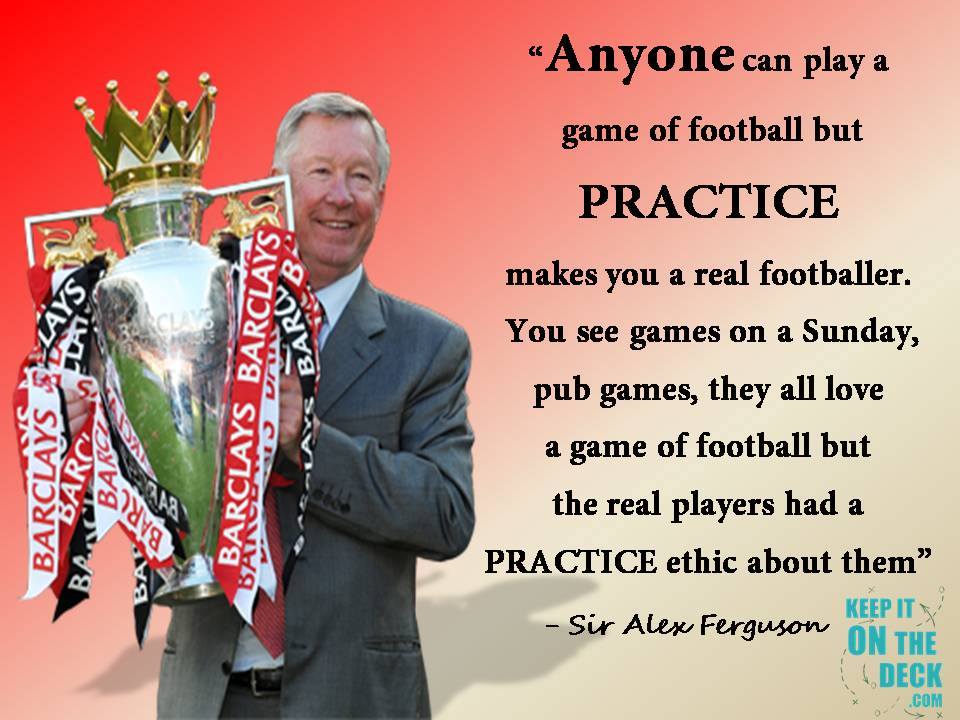
Poolesville High School

Women’s Soccer  
2019



Player Summer Training Packet

You want to win a Championship? Ask yourself these questions:

What sacrifices am I willing to make to achieve my goals?

What talents & skills do I have to acquire?

Whom do I have to work with to accomplish it?

What problems am I going to have to overcome?

What kind of choices am I going to make between now & achieving my goal? - Lou Holtz

You have 2 choices when confronting a challenge – shrink away from it of fight – dedicate yourself to learn to rise to the challenge and fight!

While there are physical elements necessary to be considered a great athlete, the most important characteristics are all choices that athletes make and all within every athlete's control. "Like what?" you might ask. Having a teachable spirit, integrity, discipline, mental toughness, accountability, and selflessness are critical to becoming a truly great athlete. The beauty of each of these is they require no special skill, talent, or physical qualities. You just have to choose to make these characteristics a part of who you are. Choose to become the best you are capable of becoming.

**Falcon Soccer Players:** Welcome to Fall 19 off season. The success of our team \ any team depends on the level of dedication & commitment of each of you. Question: Are you willing and committed to be challenged over the summer months to get ready for tryouts & preseason? First test of your commitment will be the fitness level you bring to preseason. This will be a foundation for us to build towards our goals for this upcoming season. Our fitness level going into preseason will be a difference maker. Dedicate time on your fitness and enjoying summer days – both can be done. Hard work, prep & dedication is what makes a successful team – you cannot will it or just show up. Championship teams are built on difference makers, team-oriented attitude & hard work. We are not the only ones who want to be the best – its hard work & difference making actions.  
  
This season, fitness will be key to the style of play, formation and players we will have for Fall 2019. Fitness, speed and possession will continue to be our core character. I want to focus on tactical & technical work while maintaining fitness over having fitness work dominate our August practice. This year we have a later start to preseason to it will be even more important to have fitness out of the way. I want you to be in a position of being able to play 80 minutes or more of soccer at a high work rate level. As a result, the team will be more competitive, A tired top player has no value! For those looking to play in college – ask a college player about off season training and fitness requirements to play at that level – this program will also help you acclimate to college level.

This packet is designed on getting you stronger, fitter & quicker. These are proven sessions that are designed to challenge & slowly get up to preseason soccer fitness. Only you can get better on the ball & that takes time & commitment. The calendar works in days for you to work on technical aspects of your game & participate in summer games. Summer play only will not provide the needed fitness.

I am available to assist you each week during the evenings [fitness and/or technical work] – just ask. Find a teammate that you can work out with or even another athlete. Fitness & strength are things that no one else can do for you so you need to put in the time. I have placed recommended dates if you want to do weight training work out for those who have a trainer. If you need a weight training regimen, let me know. Start slow to adjust to the program. If you have a personal trainer show them the packet & use it as a tool but feel free to have them personalize a program for you. You should be very familiar with every exercise in here so when we do them in practice this fall you perform well because you have done it over the summer. When on vacation\out of town, you can take the 30-45 minutes to do your work without disrupting your vacation. It can be done – you decide your priorities - the decision is yours only! What message will you send in Aug.

I have used this training structure to train higher level high school & college level players. It works very well if you follow the program as laid out. This regimen is the best tool to tell me about your technical skills as you fatigue. The ability to play at a high tempo last 15 minutes of a game is one of several edges you can have against an opponent. It can be a leveler against a technically superior team. *I cannot force or direct you to do this – only you can make the decision on how committed you are to bring your personal best to the team this fall. I can tell you it is an important piece of the success puzzle – preparation!*

There are 2 workout calendars with the workout explanations & the 2 BCP sheets that you can print & take with you to your work out [recommend laminate the 2 pages] – very important to be hydrated & eat properly – this is a very demanding workout. **Always build in a 10-15-minute warm-up routine [Dynamics is recommended] & 10-15-minute cool down.** Track your times & look for improving your time when doing BCPs – improve your Personal Best. This is a marathon not a sprint – stay with the program don’t accelerate, or overdue – work at a graduated pace. Doing too much will lead to injuries. Stick to the week’s program to ensure you are building up properly. When in doubt ask questions.   
**If you have any questions or need help, please do not hesitate to reach out to me.**

Coach Rod Email: [Nubgaard@aol.com](mailto:Nubgaard@aol.com) Cell\Text: 301-452-7790

# May 2019

**Sun Mon Tue Wed Thu Fri Sat**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 28 | 29 | 30 | 1 | 2 | *3* | *4* |
| *5* | *6* | *7* | *8* | *9* | *10* | *11* |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Prep Week | BCP 2 or | OFF | 30 minute jog | OFF | 120’s (10) |
| 2 mile jog or PLAY | PLAY | followed by Countdowns |
| 26  Week 1  2 mile jog or PLAY | 27  BCP 1 or PLAY | 28  Day 1 Lift 30 min Jog | 29  OFF | 30  Day 2 Lift 2 mile Run | 31  Cones (8 Sets) | 1  OFF |
|  |  |  |  |  |  |  |

June 2019

**Sun Mon Tue Wed Thu Fri Sat**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 26  Week 1  2 mile jog or PLAY | 27  BCP 1 PLAY | 28  Day 1 Lift 30 min Jog | 29  OFF | 30  Day 2 Lift 2 mile Run | 31  Cones (8 Sets) | 1  OFF |
| 2  Week 2  2 mile jog or PLAY | 3  BCP 1 PLAY | 4  Day 1 Lift  20 minute Fartlek | 5  OFF | 6  Day 2 Lift 3 mile Run | 7  Jingle Jangles (6 sets) | 8  OFF |
| 9  Week 3  2 mile jog or PLAY SELF TEST WEEK | 10  BCP 2 (TEST) PLAY | 11  Day 1 Lift  3 mile Run (TEST) | 12  OFF | 13  Day 2 Lift  3 miler Run (beat  Tuesday’s Time) | 14  Stinkers (5 sets)  Record Time : | 15  OFF |
| 16  Week 4  3 mile jog or PLAY | 17  Day 1 Lift  PLAY or 45 min jog | 18  BCP 1  2 miles Run | 19  Speed Program Day 2 Lift Core | 20  BCP 2  Agility Program 1 | 21  120’s (8 Sets)  Day 3 Lift | 22  OFF |
| 23  Week 5  4 mile jog or PLAY | 24  Day 1 Lift  PLAY or 20 min Fartlek | 25  BCP 2  Agility Program 1 | 26  Speed Program Day 2 Lift Core | 29  BCP 1 | 30  Cones (9 Sets) Day 3 Lift | 1  OFF |

July 2019

**Sun Mon Tue Wed Thu Fri Sat**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | 2  Week 6  3 mile jog or PLAY | 29  Day 1 Lift PLAY or timed 3 mile | 30  BCP 1  2 miles run | |  |  |  | | 3  OFF | 4  Holiday | 5  Speed Program Day 2 Lift Core | 6  BCP 2  Agility Program 1 | 7  Jingle Jangles (7 sets)  Day 3 Lift | 8  OFF |
| 9  Week 7 Recovery Week | 10  BCP 2  Agility Program 1 | 11  OFF | 12  Speed Program Core  3 mile jog | 13  OFF | 14  BCP 2  Positional PLAY | 15  OFF |
| 16  Week 8  4 mile jog or PLAY | 17  Day 1 Lift  PLAY or 1 hour jog | 18  BCP 2 (TEST)  Positional PLAY | 19  Speed Program Day 2 Lift Core | 20  12 minute (TEST) Agility Program 2 | 21  120’s (11 Sets)  Day 3 Lift | 22  OFF |
| 23  Week 9  3-mile jog or PLAY | 24  Day 1 Lift PLAY or 30 min fartlek | 25  BCP 1 | 26  Speed Program Day 2 Lift Core | 27  BCP 2  Agility Program 2 Play | 28  Cones (10 Sets) Day 3 Lift | 29  OFF |
| 30  Week 10  3-mile jog or PLAY | 31  Day 1 Lift PLAY or timed 4 miles | 1  BCP 1 | 2  Speed Program Day 2 Lift Core | 3  BCP 2  Agility Program 2 Play | 4  Jingle Jangles (10 sets) Day 3 Lift | 5  OFF |

August 2019

**Sun Mon Tue Wed Thu Fri Sat**

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| --- | --- | --- | --- | --- | --- | --- |
| 28  Week 10  3-mile jog or PLAY | 29  Day 1 Lift PLAY or timed 4 miles | 30  BCP 1 | 31  Speed Program Day 2 Lift Core | 1  BCP 2  Agility Program 2 Play | 2  Jingle Jangles (10 sets) Day 3 Lift | 3  OFF |
| 4  Off | 5  Off | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13  Deadline for sign up Online format | 14  First day of tryouts –  6-8:30PM | 15  Tryouts 6-8:30PM | 16  Tryouts 6-8:30PM | 17  Tryouts  8-10:30AM |
| 18 | 19 Practice 6-8:30PM | 20  Scrimmage vs Churchill. | 21  Practice 6-8:30PM | 22 Scrimmage vs RM | 23 Practice 6-830PM | 24 Practice 8-10:30AM |
| 25 TBD this week – scrimmage vs Tuscarora and Brunswick | 26 Practice 6-8:30PM | 27 Practice 6-8:30PM | 28 Practice 6-8:30PM | 29 Practice 6-8:30PM | 30 Practice 6-8:30PM | 31 Practice 8-10:30AM |
| 1 | 2  Practice 6-8:30PM | 3 Opening Game? | 4 | 5 | 6 | 7 |

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| --- | --- |
| **BCP 1– Ball Conditioning Program** | **Section 2 - Field strength and ﬂexibility** |
| **Section 1 - Ball Control**  Keep track of your score and work to get more the next time out. 30 second rest between each. |
| 1 minute Jog while dribbling. As many touches as you can, Changing direction and speed. | 1 minute- two foot jumping forward and backward over the disc cone. Keep feet to-­‐ gether |
| 1 minute Head juggling – substitute regular juggling if you do not want to work heading |
| 1 minute Throw the ball up, jump. While in the air trap with head, settle to feet and take a good touch away quickly about 5 yards |
| 1 minute Juggling just feet | Rest 30 sec |
| 1 minute Juggle, kick ball up, jump and while in the air trap ball with chest, settle to feet and take a good touch away quickly about 5 yards | 1 minute Walking Lunge |
| Rest 30 sec |
| 1 minute Juggling just feet, low (below head), low, high (above head) |
| 1 minute side to side over disc cone- two foot jumping keep feet together |
| 1 minute Box the ball (count touches) – Foundation |
| 1 minute Touch Touch Roll— inside of the R, inside of the L roll with the sole of your right, inside of your L, inside of your R, roll with sole of your L, Repeat. |
| Rest 30 sec |
| 2 minutes Start in sitting position, throw ball up, get up and receive ball before it hits the ground with your feet and explode away 5 yards then repeat |
| 1 minute of rolls - from seat-­‐ ed position legs straight. Roll ball with your hands around the soles of your feet then around your back |
| 200 touches Free juggling get 200 as fast as you can |
| **Section 3 – Technical Ball Work**  **Set up cones placed at starting point, 5 yards, 10 yards, 15 yards and 25 yards out** |
| Rest 30 sec |
| 1 minute Dribble in a ﬁgure 8 pattern around the starting point and the cone at 10 yards out. Use quick touches as you dribble around the cone, accelerate to the other cone as if to beat an opponent. |
| 1 minute Jump Squats |
| Rest 30 sec |
| 1 minute Sit ups – legs straight in air touch ball to toes and then to ground over head |
| 30 second REST |
| 1 minute Using the 25 yard out marker and the starting point.  Sprint dribble to marker, leave ball Backpedal sprint to starting point Sprint to ball  Collect ball and sprint dribble to starting point |
| Rest 30 sec |
| 1 minute True crunches- lay ﬂat on the ground legs straight, contract abs until shoulder blades are oﬀ the ground. |
| 30 Second REST |
| 1 minute Using the 25 yard out marker and the starting point.  Sprint dribble to marker, leave ball Backpedal sprint to starting point Sprint to ball  Collect ball and sprint dribble to starting point |
| Rest 30 sec |
| 1 minute Split jumps- from lunge position, jump up and switch into opposite leg lunge |
| 30 Second REST |
| 1 minute Using the starting point and the cone at 10 yards. Chop at the cone with the inside of one foot and push the ball towards other cone with other foot, face one way. |
| Rest 30 sec |
| 30 Second REST | 1 minute Pushups without stopping if you can |
| 1 minute Use starting cone and ten yard out cone. Explosive jumps to cone and explosive jumps backwards back to starting cone. (Do Not Turn around). |
| Rest 30 sec |
| 30 Second REST | 1 minute single R leg jumps–  FWD and BWD over cone |
| 1 minute Carioca as fast as possible out to the ten yard marker and back 10 times |
| Rest 30 sec |
| 30 Second REST |
| 1 minute single L leg jumps– FWD and BWD over cone |
| 1 minute Using the starting point and the cone 25 yards out:  Pass ball out to the marker  Sprint to ball and collect, make sure to reach the 25 yard line Sprint dribble back to start |
| Rest 30 sec |
| 1 minute single R leg jumps – side to side over ball |
| 30 Second REST |
| 1 minute Full body juggling | Rest 30 seconds |
| 30 Second REST | 1 minute single L leg jumps –  side to side over ball |
| 1 minutes Just feet juggling |

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| BCP 2—each exercise is consecutive—Time yourself—Goal: to be the fastest | | |
| **SEB COE Ball Conditioning Program (follow the correct number sequence below)** | | |
| **1. Tuck Jumps (30)** | | |
| **2. 25 sit-ups, 20 push-ups** | | |
| **3. 4 laps around the ﬁeld-sprint the sides of the ﬁeld, drag the ball with the sole of the foot on the end lines, alternating left and right foot.** | | |
| **4. 25 sit-ups, 20 push-ups** | | |
| **5. Chip ball to midﬁeld line, run to get it, and dribble to opposite end line x 4 (2 left, 2 right)** | | |
| **6. 25 sit-ups, 20 push-ups** | | |
| **7. Jumps over the cone x 40 (front-to-back technique with feet together)** | | |
| **8. 25 sit-ups, 20 push-ups** | | |
| **9. Jumps over the cone x 40 (side to side technique with feet together)** | | |
| **10. 25 sit-ups, 20 push-ups** | | |
| **11. Driven ball to midﬁeld line, run to get it, and dribble to opposite endline x 4 (2 left, 2 right)** | | |
| **12. Head juggle to midﬁeld and back (if the ball drops, do 5 sit-ups immediately)** | | |
| **13. Side-to-side shuﬄes (15 yards) x 10 (slide technique-do not cross over feet)** | | |
| **14. 25 sit-ups, 20 push-ups** | | |
| **15. Total body juggle to midﬁeld and back (if the ball drops, do 5 sit-ups immediately)** | | |
| **16. 120 yard sprints x 2** | | |
| Speed Program | | |
| **Week 4** | **Week 5** | **Week 6** |
| **8 x 20 yds** | **10 x 20 yds** | **12 x 20 yds** |
| **6 x 40 yds** | **8 x 40 yds** | **10 x 40 yds** |
| **4 x 60 yds** | **6 x 60 yds** | **6 x 60 yds** |
| **2 x 80 yds** | **4 x 80 yds** | **4 x 80 yds** |
| **1 x 100 yds** | **2 x 100 yds** | **3 x 100 yds** |
| **Week 7** | **Week 8** | **Week 9** |
| **14 x 20 yds** | **16 x 20 yds** | **18 x 20 yds** |
| **10 x 40 yds** | **10 x 40 yds** | **10 x 40 yds** |
| **8 x 60 yds** | **8 x 60 yds** | **8 x 60 yds** |
| **6 x 80 yds** | **6 x 80 yds** | **6 x 80 yds** |
| **4 x 100 yds** | **4 x 100 yds** | **4 x 100 yds** |
| **Week 10**  **20 x 20 yds**  **10 x 40 yds**  **8 x 60 yds**  **6 x 80 yds**  **4 x 100 yds** | **Week 11**  **18 x 20 yds**  **10 x 40 yds**  **8 x 60 yds**  **6 x 80 yds**  **4 x 100 yds** |  |
|  | **Rest Peri ods wee ks 4 -7** | **Rest Peri ods wee ks 8 -11** |
| **30 seconds for the 20’s** | **20 seconds for the 20’s** |
| **45 seconds for the 40’s** | **30 seconds for the 40’s** |
| **60 seconds for the 60’s** | **45 seconds for the 60’s** |
| **75 seconds for the 80’s** | **60 seconds for the 80’s** |
| **90 seconds for the 100’s** | **75 seconds for the 100’s** |

Section 1- Prep Week and Weeks 1-3 MAY 19th / JUNE 15th

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | | **Monday** | | **Tuesday** | **Wednesday** | **Thursday** | | **Friday HIGHLIGHTS DAY** | | **Saturday RECOVERY DAY** |  |
| **19**  **Prep Week**  2 mile jog or PLAY | | 20  BCP 2 PLAY | | 21  OFF | 22  30 minute jog followed Countdowns | 23  OFF | | 24  120’s (10) | | 25  OFF |
| **26**  **Week 1**  **2 mile jog or PLAY** | | 27  BCP 1 PLAY | | 28  Day 1 Lift 30 min Jog | 29  OFF | 30  Day 2 Lift 2 mile Run | | 31  Cones (8 Sets) | | 1  OFF |
| **2**  **Week 2**  **2 mile jog or PLAY** | | 3  BCP 1 PLAY | | 4  Day 1 Lift  20 minute Fartlek | 5  OFF | 6  Day 2 Lift 3 mile Run | | 7  Jingle Jangles (6 sets) | | 8  OFF |
| **9**  **Week 3**  **2 mile jog or PLAY SELF TEST WEEK**  **Brag about your times** | | 10  BCP 2 (TEST) PLAY | | 11  Day 1 Lift  3 mile Run (TEST) | 12  OFF | 13  Day 2 Lift  3 miler Run (beat  Tuesday’s Time) | | 14  Stinkers (5 sets)  Record Time : | | 15  OFF |
|  | 120's | | CONES | | Jingle Jangles | | Stinkers | | COUNTDOWNS | | |
|  | 2 markers, one at the start and one 120 yards away Sprint 120 yds  Goal is 18 seconds Rest the remainder of the  minute on the line At 60 seconds, begin set 2-  sprint back to starting point, Goal 18 seconds Calendar designates number of sets to be completed  Extra 30 second rest after sets 4 and 7 | | Set out six markers 5 yards apart (0,5,10,15,20,25)  Shuttle Run to each marker Return to start (0) each time Upon completion of set, rest the remainder of the minute  Then begin Set 2 (example: complete set in 40 sec,  rest 20 secs)  Repeat for designated number of sets | | Two Markers 10 yards apart. Sprint up and back ten times turn off opposite leg each time Goal time 1 minute  Rest 1 minute between sets with 30 seconds extra rest after sets 3 and 6 complete designated sets on calendar | | Set a cone 45 yards out Run out and back 3 times (270 yards total)  Rest 2 minutes between sets Complete designated number of sets  Run the Clock the whole time | | change sit up style with each set;  rest 30-60 seconds between each set  25 push-ups and 25 sit-ups 20 push-ups and 20 sit-ups 15 push-ups and 15 sit-ups 10 push-ups and 10 sit-ups 5 push-ups and 5 sit-ups | | |
| Fartlek  10 Sec walk -- > 15 Sec jog  20 Sec run -- > 15 Sec sprint  Repeat 19 times & increase reps as recommended | |

JUNE 16th / JULY 13TH

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday Speed Program** | | **Thursday** | **Friday HIGHLIGHTS DAY** | | **Saturday RECOVERY DAY** |
| **16**  **Week 4**  **3 mile jog or PLAY** | 17  Day 1 Lift PLAY or 45 min jog | 18  BCP 1  2 miles Run | 19  Speed Program Day 2 Lift Core | | 20  BCP 2  Agility Program 1 | 21  120’s (8 Sets)  Day 3 Lift | | 22  OFF |
| **23**  **Week 5**  **4 mile jog or PLAY** | 24  Day 1 Lift PLAY or 20 min Fartlek | 25  BCP 2  Agility Program 1 | 26  Speed Program Day 2 Lift Core | | 27  BCP 1 | 28  Cones (9 Sets) Day 3 Lift | | 29  OFF |
| **30**  **Week 6**  **3 mile jog or PLAY** | 1  Day 1 Lift PLAY or timed 3 mile | 2  BCP 1  2 miles run | 3 | Speed Program Day 2 Lift Core | 4  BCP 2  Agility Program 1 | 5 | Jingle Jangles (7 sets) Day 3 Lift | 6  Independence Day Weekend OFF |
| 7  **Week 7 Recovery Week** | 8  BCP 2  Agility Program 1 | 9  OFF |  | 10  Speed Program Core  3 mile jog | 11  OFF | 12  BCP 2  Positional PLAY | | 13  OFF |

Agility Program 1

|  |  |  |  |
| --- | --- | --- | --- |
| **Line HOPS- 25 each** | **upside down W Drill** | | **20 yard shuttle** |
| right foot forward and backward | Set up a W with each cone 15 -20 steps away. Sprint to the first cone and backpedal to the next, through the course. You will always face the same way. 4 times through. Begin set two at the cone you finished at. | This time sprint the whole course. Two times beginning set two at the cone you ended at. Backpedal the course 2 times beginning set two at the cone you end at. | Set up 3 cones 5 yards from each other. Start at center cone sprint to one cone then the far cone and back to the start cone. |
| left foot forward and back ward |
| two feet forward and backward |
|  |
| right foot side to side |
| left foot side to side |
| two feet side to side |
|  |

JULY 14TH / AUGUST 3rd

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | | | **Monday** | | **Tuesday** | | **Wednesday SPEED DAY** | **Thursday** | **Friday HIGHLIGHTS DAY** | | **Saturday RECOVERY DAY** | |
| **14**  **Week 8**  **4 mile jog or PLAY** | | | 15  Day 1 Lift PLAY or 1 hour jog | | 16  BCP 2 (TEST)  Positional PLAY | | 17  Speed Program Day 2 Lift Core | 18  12 minute (TEST) Agility Program 2 | 19  120’s (11 Sets)  Day 3 Lift | | 20  OFF | |
| **21**  **Week 9**  **3 mile jog or PLAY** | | | 22  Day 1 Lift PLAY or 30 min fartlek | | 23  BCP 1 | | 24  Speed Program Day 2 Lift Core | 25  BCP 2  Agility Program 2 Play | 26  Cones (10 Sets) Day 3 Lift | | 27  OFF | |
| 28  **Week 10**  **3 mile jog or PLAY** | | | 29  Day 1 Lift PLAY or timed 4 miles | | 30  BCP 1 | | 31  Speed Program Day 2 Lift Core | 1  BCP 2  Agility Program 2 Play | 2  Jingle Jangles (10 sets) Day 3 Lift | | 3  OFF | |
| 4 | | | 5 | | 6 | | 7 | 8 | 9 | | 10 | |
| 11 | | | 12 | | 13 | | 14 | 15 | 16 | | 17 | |
|  |  |  | | **Agility Program 2** | | | | **Drill 5** Start at C1 Sprint to C2  backpedal to C1 Shuffle to C3  Shuffle to C1 | | **x C2**  **xC1 C3x** | |  |
| **Drill 1**  start at C1 backpedal to C2 Sprint to C3  Shuffle to C1 | | **Drill 3** Start at C1 Sprint to C2  Pivot to shuffle to C3  Shuffle to C1 | |
|  |  | | | **Drill 2**  Start at C1 backpedal to C3 Sprint to C2  Shuffle to C1 | | **Drill 4** Start at C1 Sprint to C3  Pivot to Shuffle to C2  Shuffle to C1 | | **Drill 6** Start at C1 Sprint to C3  backpedal to C1 Shuffle to C2  Shuffle to C1 | |  | | |
|  |  | | |  | | | |