



MEN'S TEAM DISTANCE RUN

DRILL SPECS:

Drill Theme: Conditioning

Field Location: Full Field

Time Needed: 20 Min

Drill Style: Conditioning

Field Position: Offense, Defense, Midfield, Goalie

Skill Level: Intermediate

OBJECTIVE:

Team Distance Runs are to build strong cardiovascular endurance and help your players gain confidence and be in shape for the season.

DRILL DESCRIPTION:

Set up a distance course that could take between 10 and 15 minutes for your team to run under supervision of the coaching staff. Be sure that you plan for a difference in players general shape and abilities.

SKILLS PRACTICED:

- Conditioning
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VARIATIONS:

Add sticks and balls to work on stick handling as the player run.
