



## WOMEN'S 10 YARD SPRINTS DRILL

### DRILL SPECS:

**Drill Theme:** Conditioning  
**Field Location:** Attack Zone  
**Time Needed:** 5 Min

**Drill Style:** Conditioning  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Basic

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### OBJECTIVE:

To work on quick, short sprints and change of direction.

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### DRILL DESCRIPTION:

Line players down the sideline of field. Set up cones 10 yards from the boundary line. Players must go from line 1 to line 2, 4 times in 12-15 seconds. Repeat 5 times.

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### SKILLS PRACTICED:

- Quick bursts of speed
- Change of direction and agility
- Pivots

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### VARIATIONS:

Have players hold stick and shuffle from line to line. Increase time increments to 15-18 seconds. Players should hold stick and remain low to the ground.

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**DRILL DIAGRAM:**

