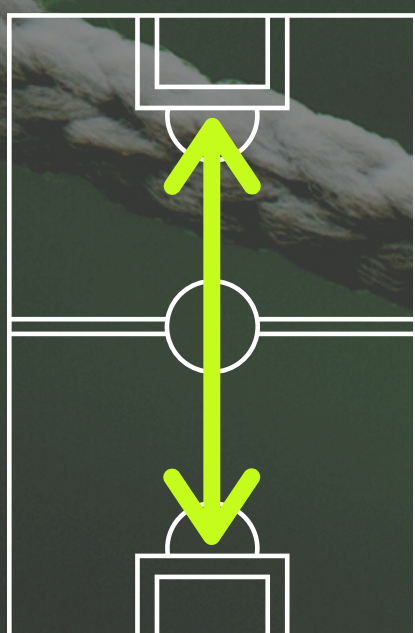


# FOOTBALL FITNESS

## LEVEL UP YOUR FITNESS WITH THESE FOUR DRILLS



### Box to Box Runs

3 sets of 6 reps

The target time is 10 seconds from box to box, with 10 seconds rest between each.

1 length = 1 rep.

Rest 60 seconds after each set of 6.

### Z-Run 18 Yard Box

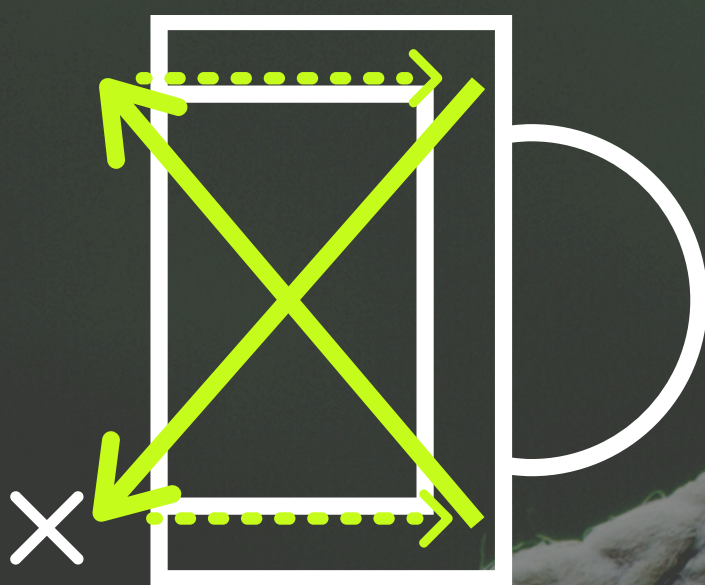
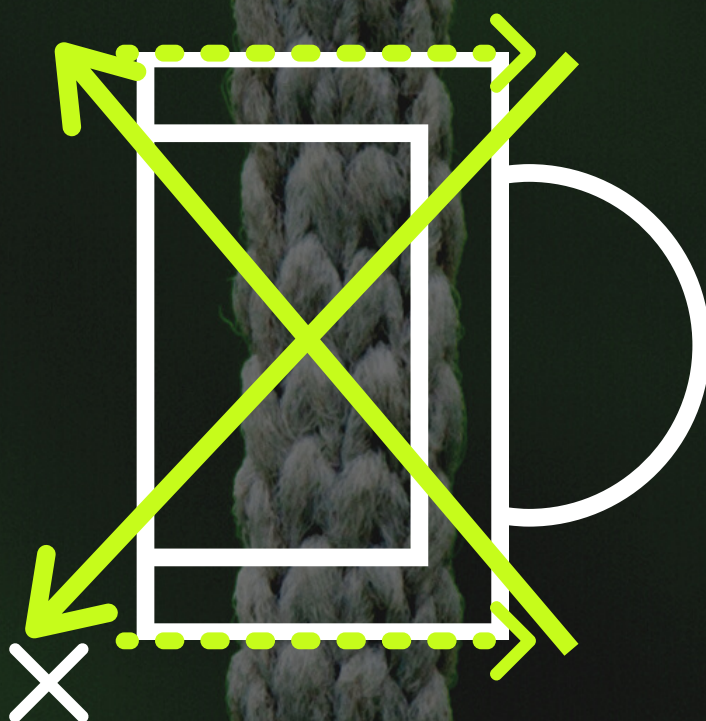
3 sets of 6 reps

Start by jogging along the side of the box, once you meet the corner make a quick turn and sprint diagonally to the top left corner.

From here, jog along the top of the box, then quickly turn and sprint across the box to the start.

1 lap = 1 rep

Rest 60 seconds after each set of 6.



### Z-Run 6 Yard Box

3 sets of 6 reps

Start by jogging along the side of the 6-yard box, once you meet the corner make a quick turn and sprint diagonally to the top left corner of the box.

From here, jog along the top of the box, then quickly turn and sprint across the box to the start.

1 lap = 1 rep

Rest 60 seconds after each set of 6.

### Multi-directional Into Sprint

3 sets of 6 reps

Start on the white "x".

Jog 5m forwards to cone 1, shuffle back 5m, then 5m forwards to cone 2. As soon as you hit cone 2, turn 180 degrees and sprint 20m down the line.

Walk back is your recovery.

Rest 60 seconds after each set of 6.

