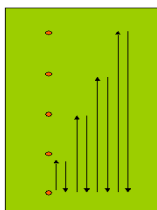
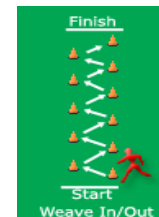


South East Queensland Football

Fitness Session 2

WEAVE IN - WEAVE OUT

1. Place 6 markers out in a straight line approximately 2m apart.
2. In between each set of markers place another row 3m to the left.
3. Sprint from one marker to the next bending down to touch each one with your hand.
4. The emphasis is on taking quick side steps, rather than turning to face the marker and sprinting forward

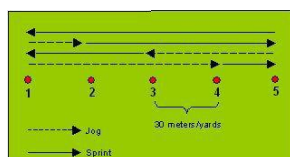
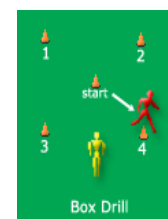


KILLER SHUTTLES

1. Place 5 cones out 5m apart.
2. Starting on cone 1, run to cone 2 and back, then cone 3 and back, 4 and back, then 5 and back.
3. The sprint should be flat out and players should turn sharply off a different foot at each cone.
4. Rest for 30 seconds and repeat. Repeat 2 times.
5. Rest for 2 min between sets. Complete 3 sets.

BOX DRILL

1. Use 4 cones or markers to mark out a square approximately 5m x 5m.
2. Place a cone in the center of the square. This is your starting position.
3. Give each corner a number and remember it! Coach to call out numbers 1 – 4 at random.
4. Sprint to the corner shouted and return to the middle.

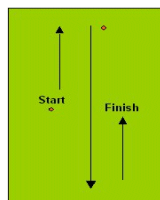
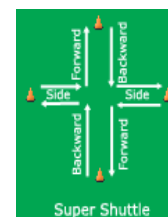


STAGGERED SPRINTS

1. Set out 5 cones 10m apart
2. Starting on cone 1, jog to cone 4 then immediately sprint to cone 5. Turn and jog to cone 3 and then sprint to cone 1. Turn and jog to cone 2 and sprint to cone 5. Finally, turn immediately and sprint to cone 1.
3. Rest for 60 seconds and repeat 3 times. This is one set. Complete 3 sets.

SUPER SHUTTLE

1. Set a series of cones out in a cross formation 8m apart.
2. Run backwards to the center cone, side step to the left cone, side step back to the centre cone still facing the same way.
3. At the center cone turn and sprint forward to the end cone. Run backwards to the center cone, side step to the right, side step back to the center, then turn and sprint back to the start.
4. 30 sec rest, complete 5 sets.



MINI SHUTTLE

1. Place 2 markers 25m apart. Place marker in the middle.
2. Starting from the middle marker sprint to one end, turn and immediately sprint to the other end and then back to the middle / start.
3. Turn on a different foot at each marker and try to touch the ground with your hand.
4. 30 sec rest, complete 5 sets.

SLALOM

1. Place 6 markers out in a straight line approximately 2m apart.
2. Weave in and out as fast as possible and walk back to the start.
3. The goal here is to develop speed of leg movement so no ball is used.
4. 30 sec rest, complete 5 sets.

