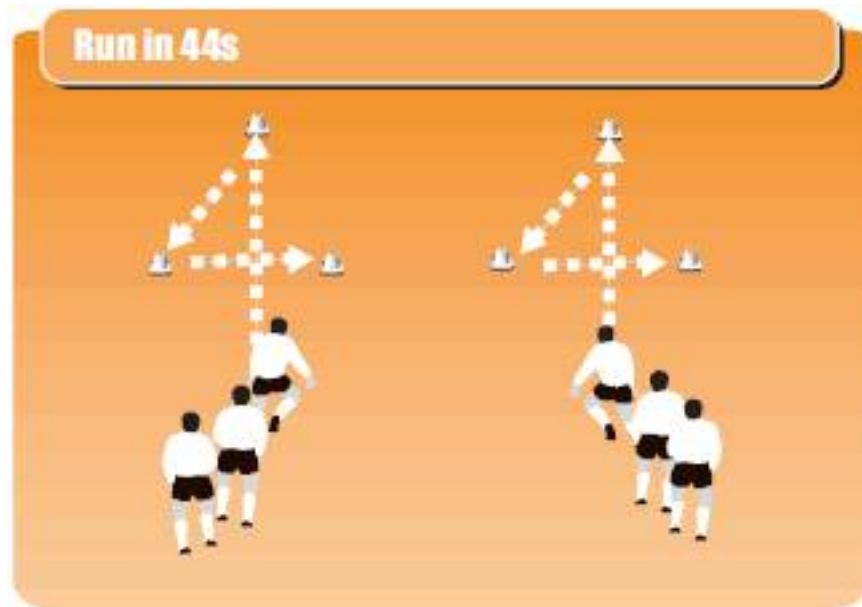


A good fitness warm up

I call this fitness warm up the "44 test" because the players must run in the shape of a 4. It's so easy to set up that it has many uses like last-minute warm ups at matches or a quick way to keep your players occupied while you set up the main exercise.

It works on agility, balance, speed and coordination.



How it works

- Players run to the top of the arrowhead then to their left then to their left again.
- They must touch each cone.
- They must face forward at all times.
- Do four sets of four runs then rest.