

Fitness games can be fun


This is a test of your players' agility, balance and turning technique as they compete against each other in a sprint exercise over short distances.

If some players struggle with the session give them a headstart so the fastest players are made to work harder.

Players are using quick feet, quick turns, changing pace between short and longer sprints and good body position – knees bent low in stance for good balance.

Test your players' agility

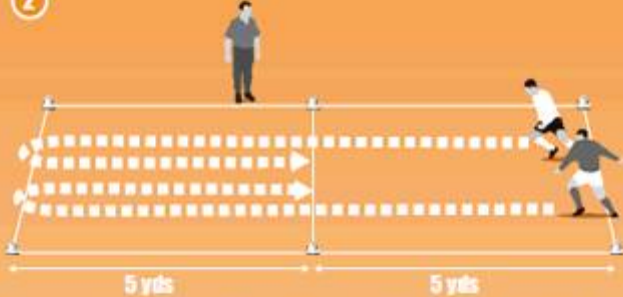
①



5 yds 5 yds

Players face each other and wait for your shout to go.

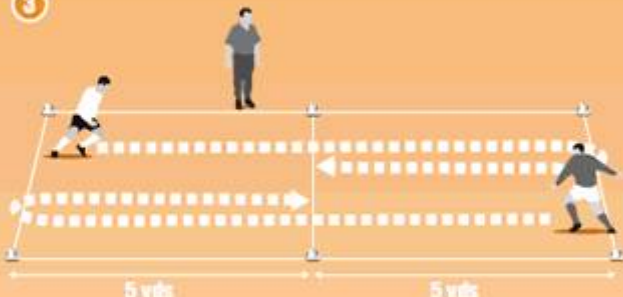
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5 yds 5 yds

You can race your players the same way on the 5-10-5 yard circuit ...

③



5 yds 5 yds

...or get them to run opposite ways.

direction of sprint →

How to set it up

Players run between three sets of cones – a middle set and two sets five yards either side.

You need to work out a sequence. I go for 5 yards – 10 yards – 5 yards, which is a good representation of the changes of sprinting distances they will face in matches. You can, however, work out your own sequence or run it up to a 40-yard dash if you want to give older players a tougher test.

Remember: the average distance a player sprints in a match is 10 yards.

How to play it

Opponents face each other while standing on the same line. On your call, they begin running. They should push off hard on the back foot – the foot furthest from the direction the player is sprinting in.

It is up to you to choose the distances which they should race against each other and you can also change their starting positions.

Players with similar speed levels should compete against each other and they should run two to three times before resting.