

1. Equipment

Unlimited number of
players 3 cones

2. Setup

Line up 3 cones:

Cone A (starting point),

Cone B (20 metres from Cone A),

Cone C (30 metres from Cone A).

Divide the group into two teams and have them face each other at Cone A and Cone C.

3. Exercise explanation

Start:

On the whistle, both players, A from Cone A and C from Cone C, start a sprint.

Goal of Player A:

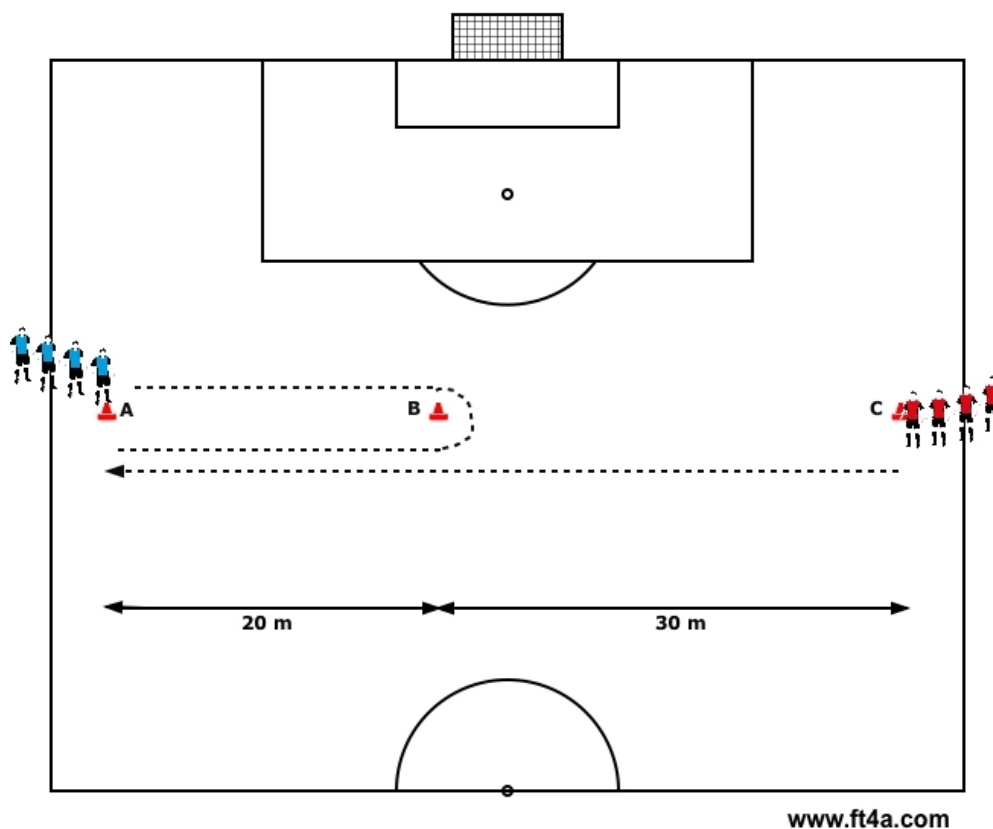
Player A sprints to Cone B, briefly circles it, and sprints back to Cone A.

Goal from Player C:

Player C sprints from Cone C and tries to overtake and tap Player A before Player A is back at Cone A.

Rotation:

Player C stays with Group A, and Player A leisurely runs to Group C.



4. Coaching and Notes

Coaching points:

Encourage players to sprint to the max and challenge each other.

Motivate player C to tap the opponent.

Focus on a quick and short spin around Cone B for player A.

Notes:

This exercise is performed after the warm-up.

Each player does about 4-5 sprints, depending on group size.

With a smaller group: make sure there are enough resting moments between sprints.