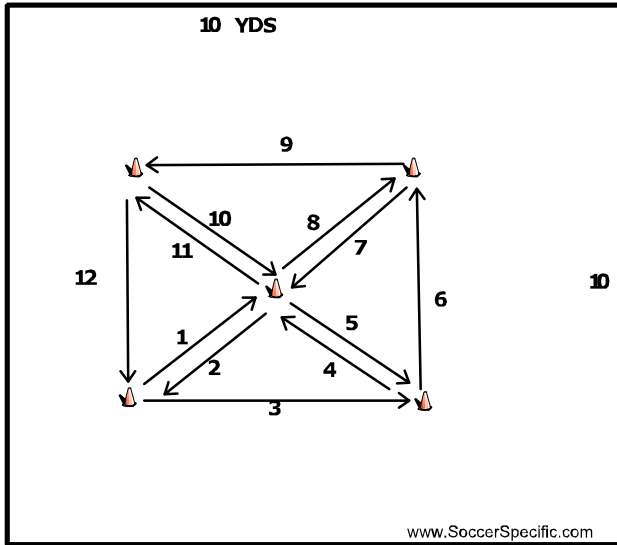


**ACTIVITY #1**



**Set up:** Star Drill Shuttle

10 by 10 - Athlete decides which cone to start at.

**Instructions:** Sprint from startin point to middle cones (1)

Backpedal back to the cone you started (2)

Side shuffle right or left (player choice) (3)

Sprint to cone in the middle (4)

Back pedal to cone (5)

Shuffle to the next cone (6)

Continue until you are back to cone you started

**Coaching Points:** Varsity Timing Expectations:

22 seconds or less

**ACTIVITY #2**

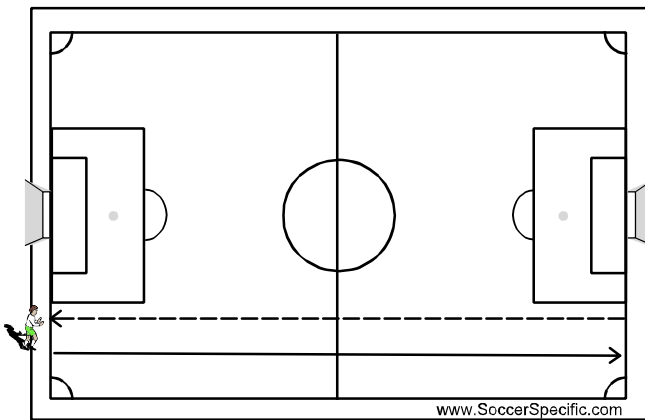
**Set up:** 120'S

**Instructions:** Sprint as fast as you can to the end of the field - ideally 18-20 seconds

Jog back at a medium pace - ideal 40-42 seconds

**Coaching Points:** Varsity Expectations:

4 completed in teh 20 - 42 time split.



**ACTIVITY #3**

**Set up:** 12-MINUTE TIMED RUN

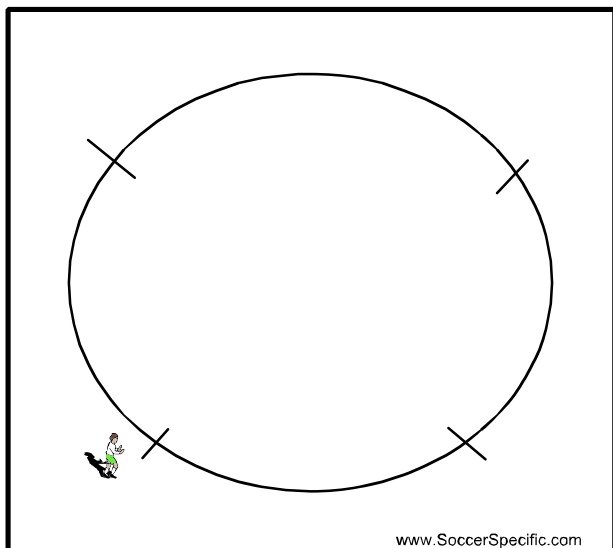
STANDARD TRACK AT BAYVIEW ELEMENTARY

DIVIDE THE TRACK IN 4TH'S.

**Instructions:** Start the time and count the number of laps to the nearest 4th that you pass in 12 minutes.

**Coaching Points:** Varsity Soccer Expectation

6 and 3/4 laps



**ACTIVITY #4**

**Set up:** SIT-UPS AND PUSH-UPS

**Instructions:** SIT-UPS: One minute timed test. Partner holds down feet and arms are crossed with hands secured onto shoulders. Start in the down position and elbows must touch the middle part of the legs and shoulders must touch the ground each repetition.

PUSH-UPS: One minute timed test. Start in the up position with head and feet in a straight line. Chest must touch the ground and return to fully extended elbows each repetition. Keep record.

**Coaching Points:** Varsity Expectations

SIT-UPS: 55 IN A ROW

PUSH-UPS: 30 IN A ROW

