MEN’S TEAM DISTANCE RUN

DRILL SPECS:
- Drill Theme: Conditioning
- Field Location: Full Field
- Time Needed: 20 Min
- Drill Style: Conditioning
- Field Position: Offense, Defense, Midfield, Goalie
- Skill Level: Intermediate

OBJECTIVE:
Team Distance Runs are to build strong cardiovascular endurance and help your players gain confidence and be in shape for the season.

DRILL DESCRIPTION:
Set up a distance course that could take between 10 and 15 minutes for your team to run under supervision of the coaching staff. Be sure that you plan for a difference in players general shape and abilities.

SKILLS PRACTICED:
- Conditioning

VARIATIONS:
Add sticks and balls to work on stick handling as the player run.