WOMEN’S 10 YARD SPRINTS DRILL

DRILL SPECS:

| Drill Theme: Conditioning | Drill Style: Conditioning |
| Field Location: Attack Zone | Field Position: Offense, Defense, Midfield |
| Time Needed: 5 Min | Skill Level: Basic |

OBJECTIVE:

To work on quick, short sprints and change of direction.

DRILL DESCRIPTION:

Line players down the sideline of field. Set up cones 10 yards from the boundary line. Players must go from line 1 to line 2, 4 times in 12-15 seconds. Repeat 5 times.

SKILLS PRACTICED:

- Quick bursts of speed
- Change of direction and agility
- Pivots

VARIATIONS:

Have players hold stick and shuffle from line to line. Increase time increments to 15-18 seconds. Players should hold stick and remain low to the ground.
DRILL DIAGRAM:

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