WOMEN’S 40 – 40’S DRILL

DRILL SPECS:

Drill Theme: Conditioning  
Field Location: Attack Zone  
Time Needed: 20 Min

Drill Style: Conditioning  
Field Position: Offense, Defense, Midfield, Goalie  
Skill Level: Advanced

OBJECTIVE:

40 yards is the width of the attack zone. This longer sprint will build conditioning and strength in your players.

DRILL DESCRIPTION:

Start all players on the line, at one side of an attack zone.  
On the whistle they will run a 40 yard dash as fast as they can.  
Give the players 10-15 seconds in between sprints as they do this 10 times.  
At ten, have your players get water, and recover for 2 minutes (like a time out). Repeat this until you get through 4 sets of 10 sprints.

SKILLS PRACTICED:

- Conditioning

VARIATIONS:

Add a ground ball to the start of each sprint or a special move to be completed at the end of each sprint (roll dodge, etc.).