WOMEN’S TEAM DISTANCE RUN DRILL

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.