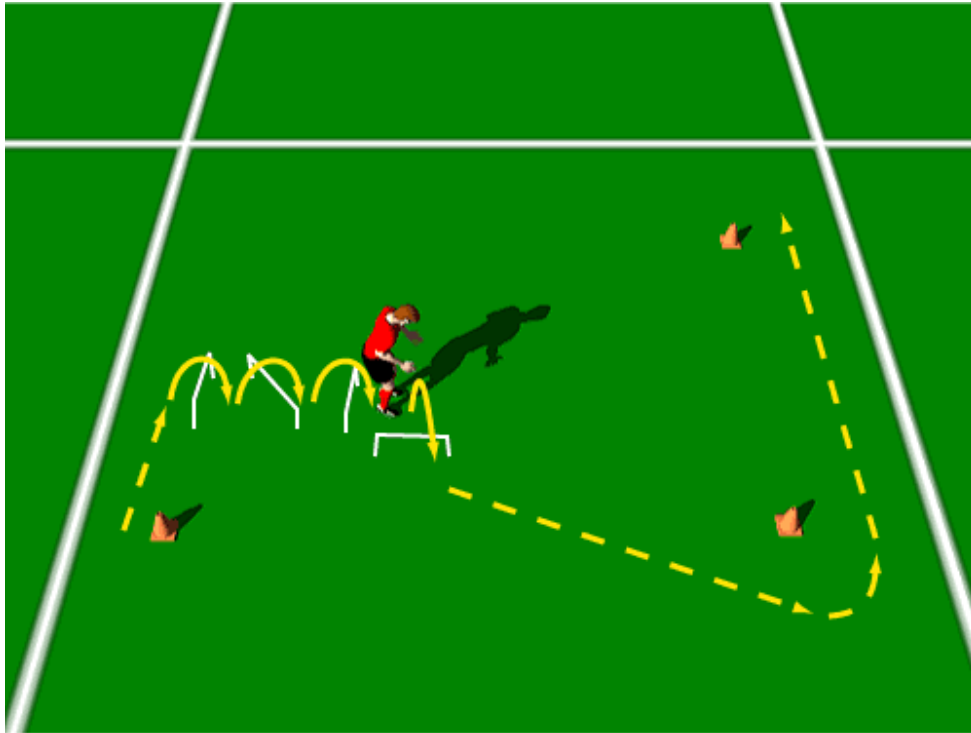


FITNESS



Football Fitness

MINI-HURDLE HOPS: Start 4 metres away from the first mini-hurdle. Sprint to the hurdle do a forward hop over it. As soon as contact is made with the ground laterally jump left over the next mini hurdle. As soon as contact is made with the ground jump forward over the next mini hurdle. As soon as contact is made with the ground jump laterally right over the mini hurdle. As soon as you hit the ground sprint 4 metres forward at the cone side shuffle left. At the next cone drop step and sprint through the last cone. This should help to build up the football players fitness.