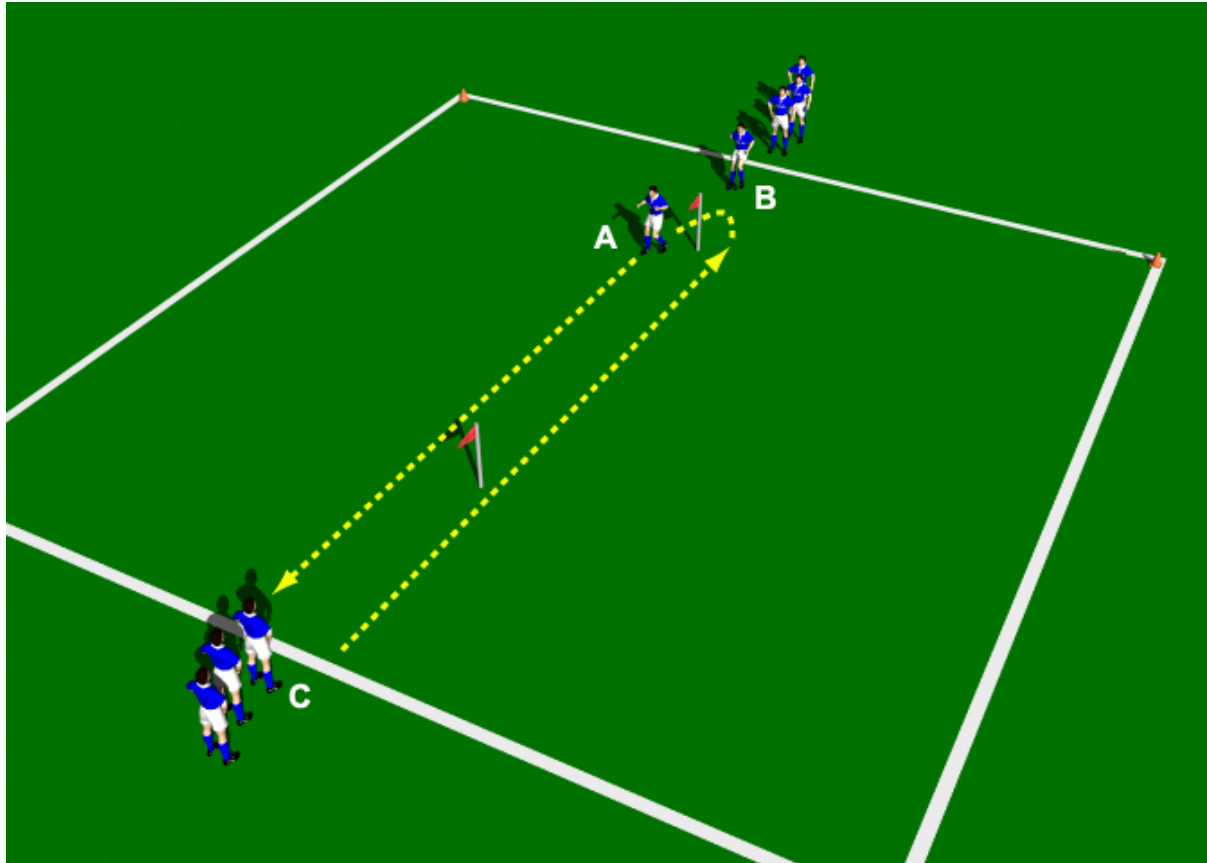


Recovery Run Drill



Exercise Objectives:

This exercise is excellent for maintaining a high tempo during short distance sprint work.

Field Preparation

- ☆ Area approximately 20 x 20 yards, unlimited number of players.
- ☆ Place flags from 10 to 20 yards apart.

Coaching Pointers:

The team is divided into two groups. Position a group at opposite flag poles. Players stand 5 yards from the flag pole. Sprint work is performed in the following sequence;

Player "A" sprints around the far flag pole, as soon as he turns the flag pole, player "B" chases player "A" and tries to "tag" him before he gets back to his own flag pole. When player "B" turn on the flag, player "C" chases him and tries to tag him before he reaches his own flagpole. This sequence is repeated throughout the drill.

Work for 10 to 15 minutes.