

Os and Xs soccer sprinting game

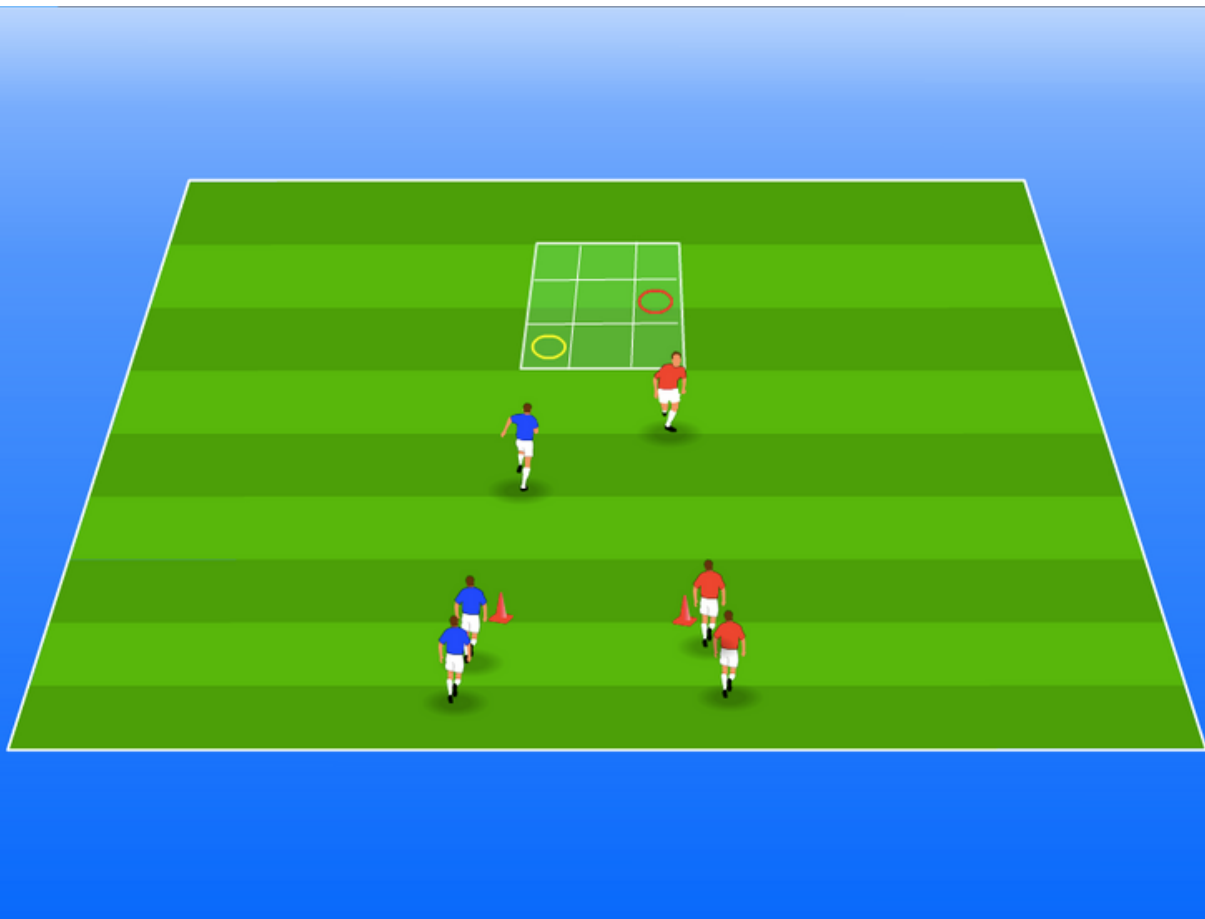
How it works

With your flat cones create a 3x3 yard grid split into 9 squares, this will be your Os and Xs board. 10 yards back place your tall cone this is where each of the teams will start.

The first player from each team will run with a pinnie in hand and place the pinnie in their desired square.

They will run back and tag the next person on their team who will repeat the process.

The team that completes 3 of the same colored pinnie in a row will be the winners.



Purpose

The purpose of this football fitness and conditioning drill is to help improve the speed of your players with a fun and competitive game

Set up

- 12 cones
- 2 sets of 5 different colored pinnies
- 2 tall cones
- two teams (max 3 per team)

Beginner