



1. 4 sets: sprint the sidelines, walk the baseline. (Run through baseline on each rep, one full lap of soccer field = 1 set)
2. 4 sets: sprint from sideline to sideline then diagonal back pedal (repeat 3x = 1 set)
3. 4 sets: sprint from baseline to 18yrd box, then defensive slide to center, at center sprint to next 18yrd box, then defensive slides until baseline (baseline to baseline = 1 set)
4. Stretch for 8min (legs swings, roller, etc.)
5. Go home a better ball player