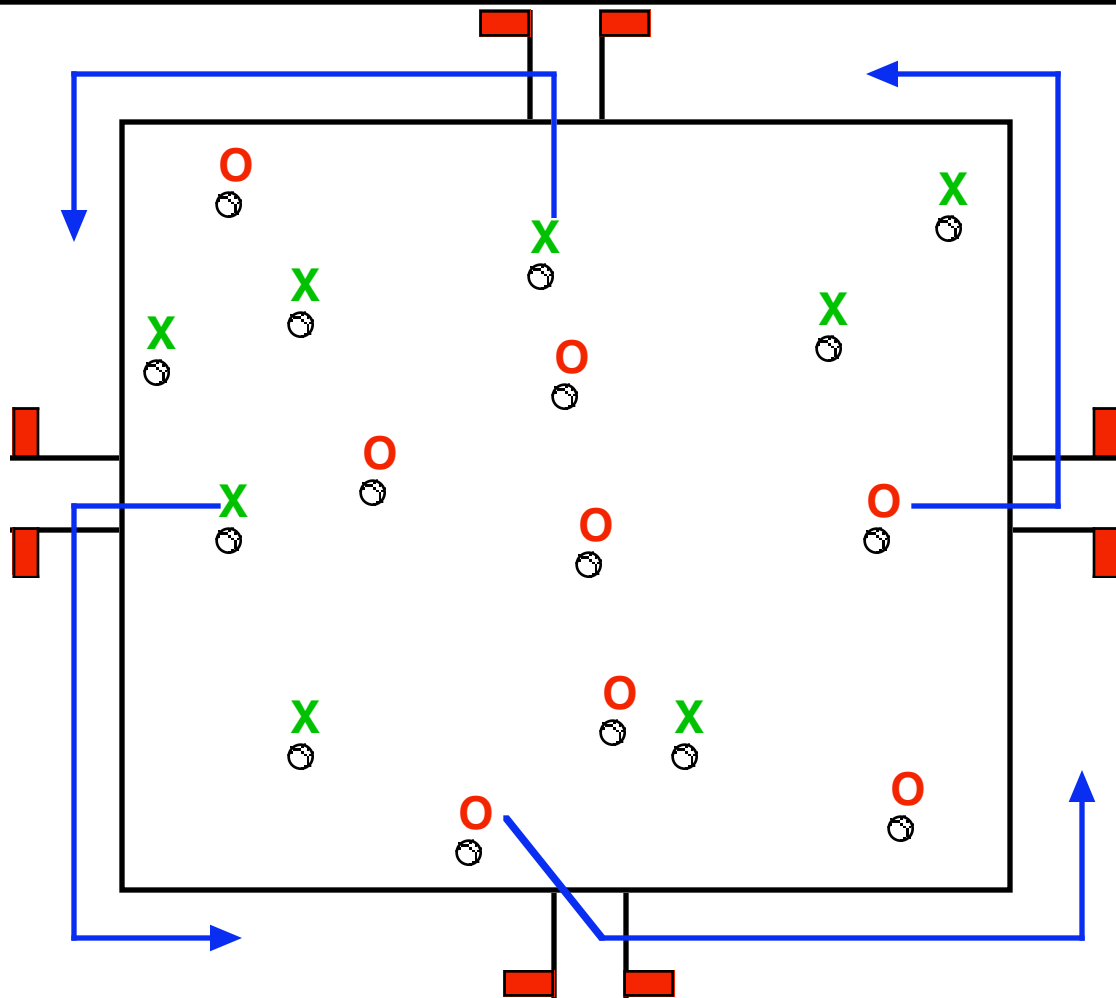


**TECHNICAL:
Warmup, Fitness**



***“Out of the Box”
--Warmup--***



NOTE: Use this drill as the warmup to the “Out of the Box” Dribbling drill.

GRID SIZE: 30-40 x 30-40 yards. Place flag goals in center of each sideline. Goals should be 5-6 yards wide.

NUMBER OF PLAYERS: Team -- all players with ball.

DRILL RUN: All players inside grid begin juggling.

- at coach’s command or whistle, all players leave their ball in the grid and exit out the nearest goal, sprint completely around the perimeter of the grid, and enter back through the same goal they exited