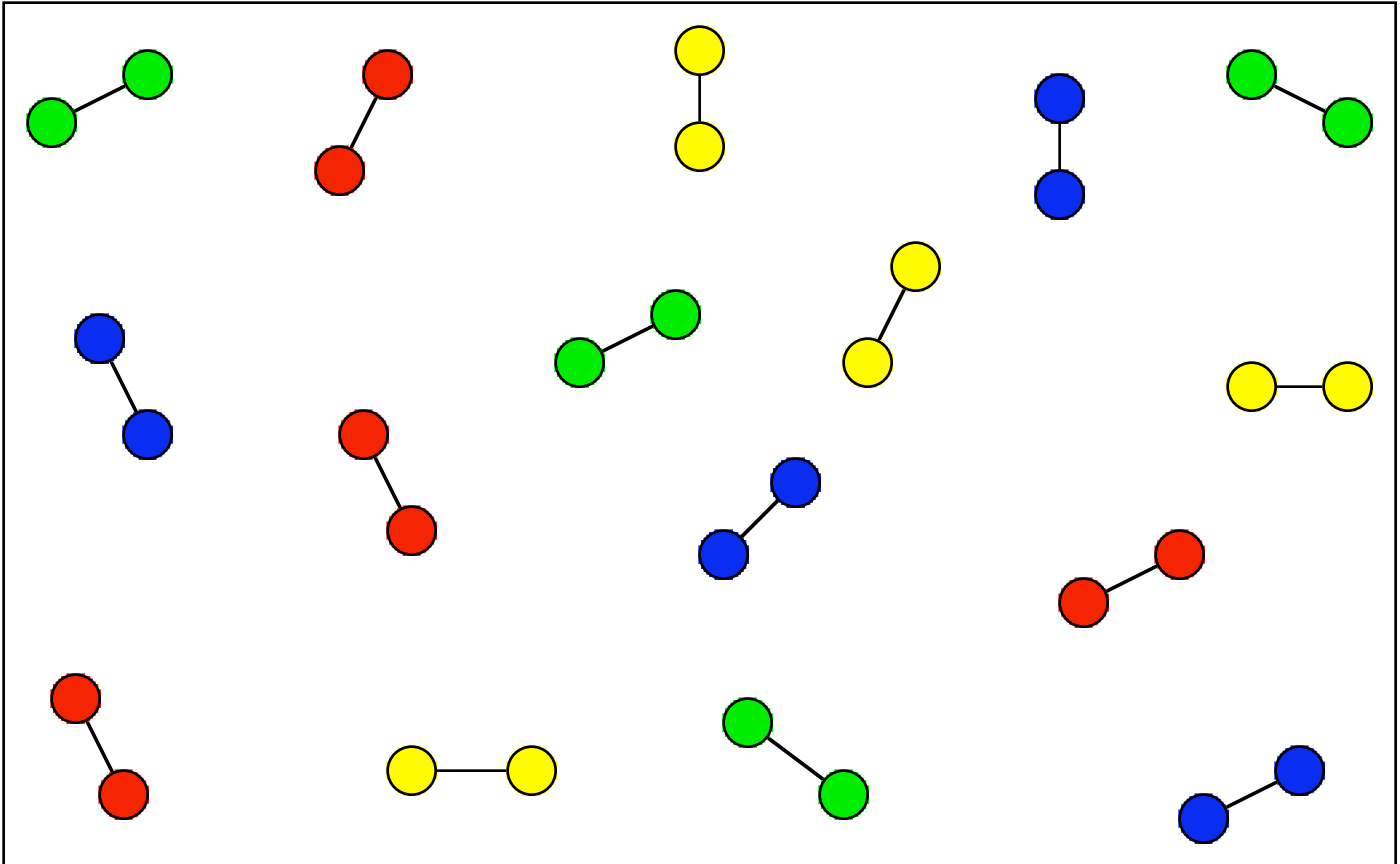


**WARMUP > FITNESS:  
 Dribbling, Sprinting**

**"GO THRU"**

This drill is designed as a warmup routine prior to a practice



**GRID SIZE:** Depends on number of players -- 30-40 yards x 30-40 yards or bigger

**GRID SETUP:** Using 3-4 sets of different color cones set up 2-cone "gates", each gate approximately 3-5 yards wide

**NUMBER OF PLAYERS:** entire squad, each player with a ball

**DRILL**

**> Phase #1: Dribbling**

- Players dribble around grid, using all surfaces of feet
- Coach calls out a color
- Players dribble as fast as possible and dribble through that color gate and continue to do so for a set amount of time (5-15 seconds)

**> Phase #2: Stretching**

- Players perform Dynamic Stretches while walking around grid

**> Phase #3: Sprinting**

- Players jog around grid
- Coach calls out a color
- Players now sprint through as many of that color gate as possible
- Sprint for no more than 10 seconds