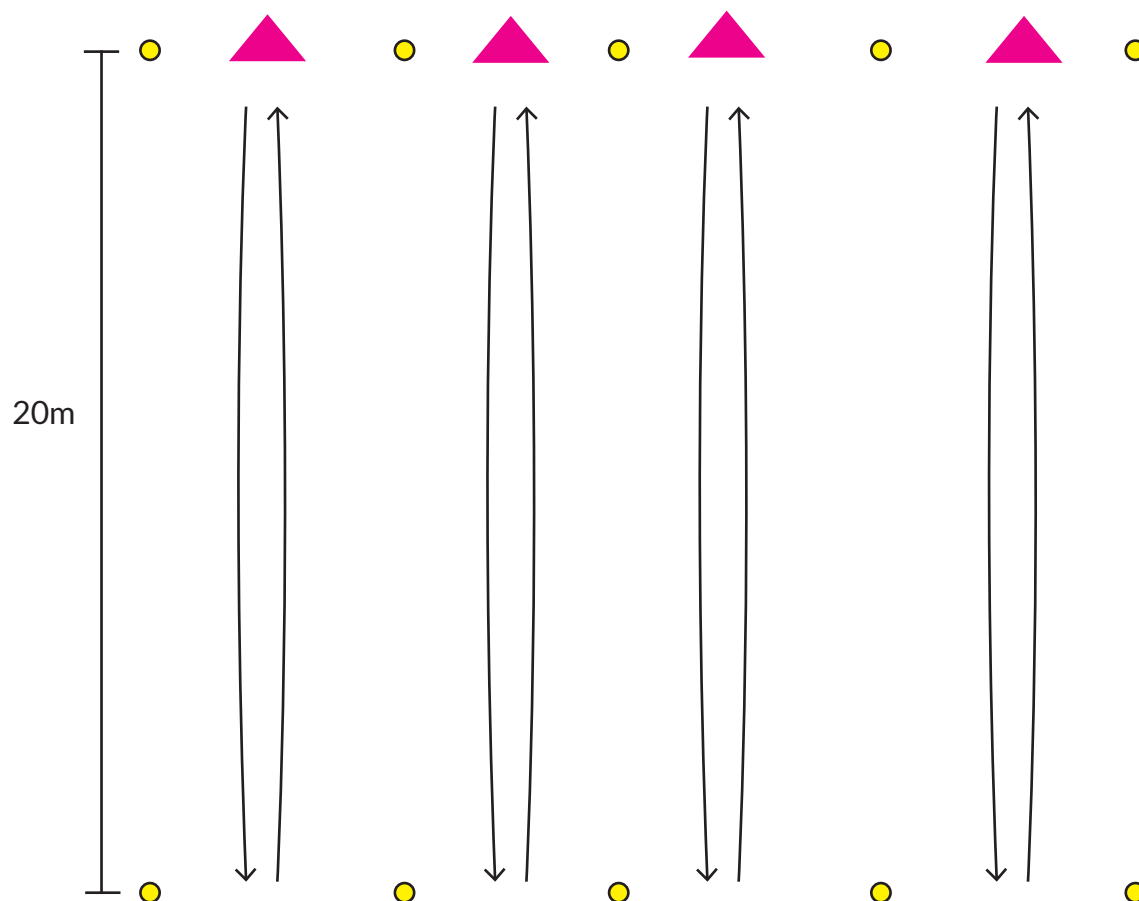


# Bleep Test - Groups of 4 players



## Drills

- + Cones to be 20 metres apart
- + Bleep test using the BT Lite App
- + Record the players scores

## Coaching Points

- + Start to jog between the cones, aiming to arrive shortly before the next bleep
- + The time between bleeps will continually shorten
- + Aim to get the highest score you can