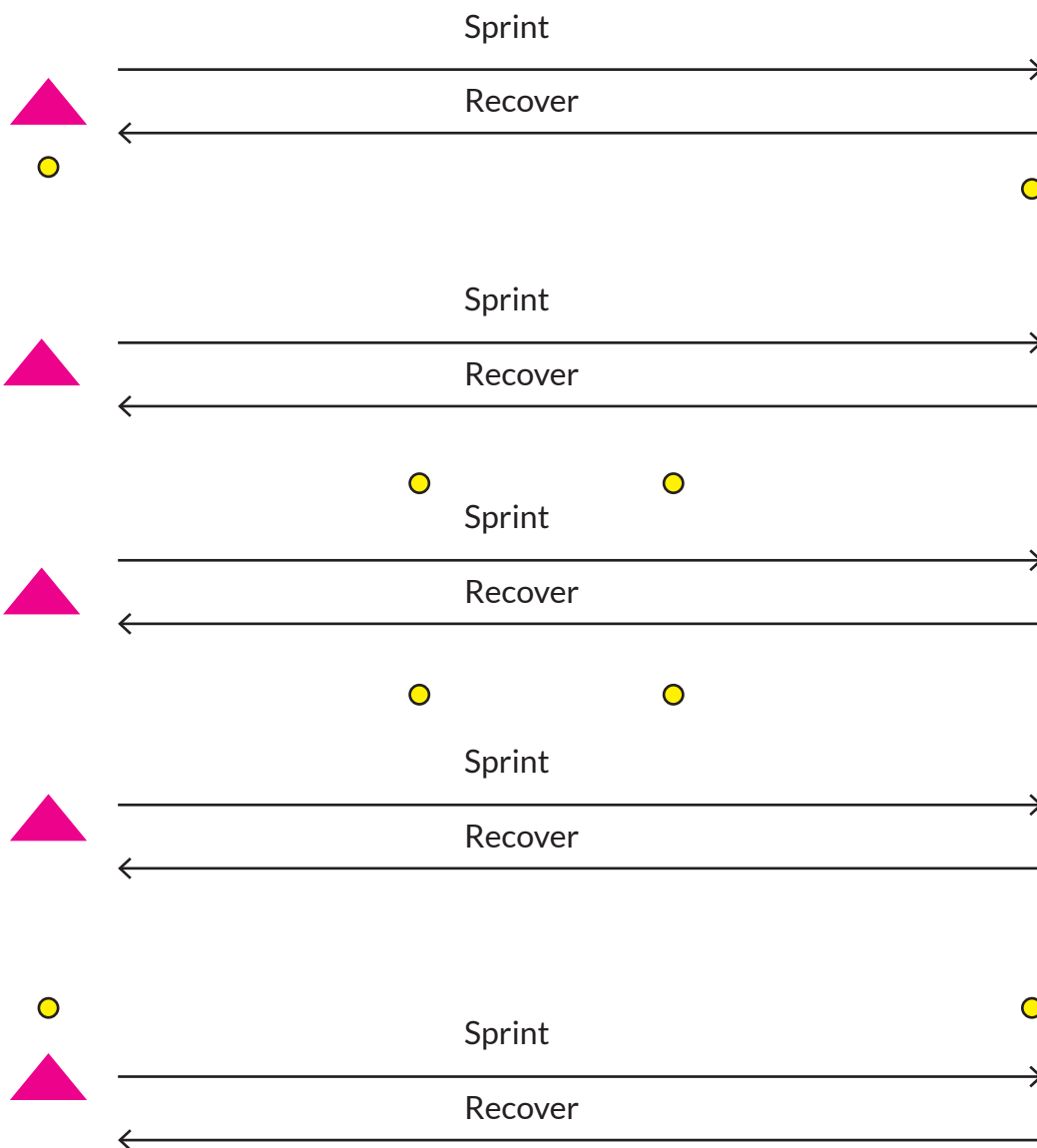


# Sprint and recovery - Station 3



## Drill

- + Sprint to last cone
- + Recovery walk and repeat
- + Repeat 30 times
- + (P<sub>1</sub>) Do the same with the ball

## Coaching Points

- + Pump knees
- + Try to lengthen your stride
- + With the ball, keep it under control, at least 5 touches in the sprint