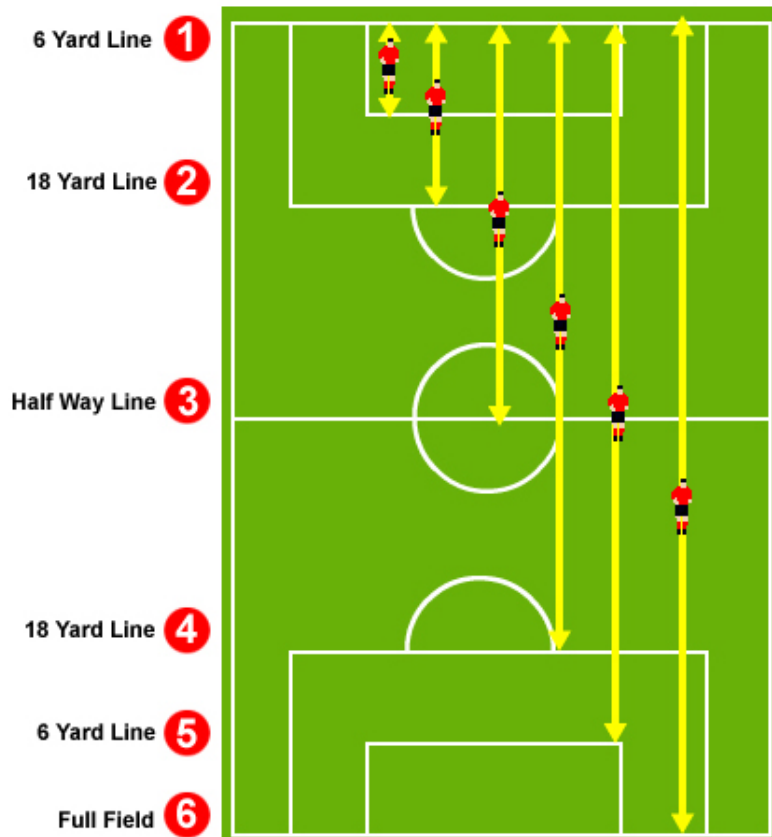


# Sprint Sets 2



Warm up for 15 minutes and stretch well before sprinting.

## Fast Feet

- ▲ Take very short and very fast steps with your arms pumping fast.
- ▲ Take 30 seconds to travel 10 yards i.e. your steps will be fast but your progress forward will be slow. Repeat 6 times.

## Sprinting on the Soccer Field

- ▲ Sprint to 6yd line, Jog back. Repeat 6 times.
  - ▲ Sprint to 18 yard line. Jog back. Repeat 6 times.
  - ▲ Sprint to ½ way line. Jog back. Repeat 6 times.
  - ▲ Sprint to other 18 yard line. Jog back. Repeat 6 times.
  - ▲ Sprint to other 6 yard line. Jog back. Repeat 6 times.
  - ▲ Sprint to Full field. Jog back. Repeat 6 times.
- ▲ Cool Down and Stretch