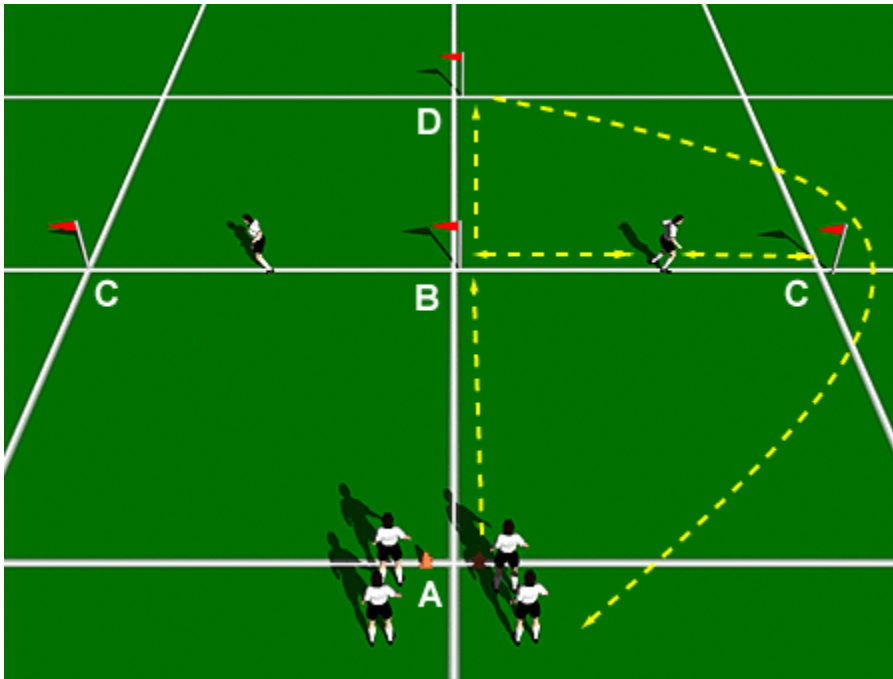


The Brazil Run



Coaching Points:

Warm up for 15 minutes and stretch well before sprinting. Divide group into two teams. Each player races a player from the opposing team.

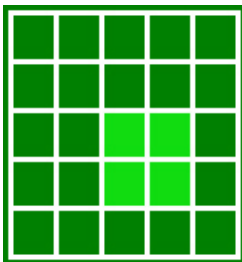
Starting at "A", and on the coaches command, the player sprints in the following sequence;

- Sprint from starting position "A" to flag "B"
- Sprint from flag "B" to flag "C"
- Sprint from flag "C" back to flag "B"
- Sprint from flag "B" to flag "D"
- Sprint from flag "D" around the outside of flag "C" and back to "A"

The first player back to starting position "A" wins a point for their team.

Each player performs 5 runs. Team up against different opponents.

Keep time with a stop watch to see who has the fastest run time.



Organizational Set Up

Entire Team
4 flags, 2 cones
Area 20 by 20 yards or 18 x 18 metres.