Time		Drill	Notes/Points
2:40	**Warm-up run**	**125s** Sprint 50 y back to endline; Side shuffle 25 y; Back pedal endline	speed training, agility, change of direction
	Dynamics	High Knees, Butt Kicks, Lunges twist, side lunges, Open Gait/Close Gait, Frankenstein's, Ballerinas, Hamstring Swish	
2:50	**Stations**	**Ladder push ups**	
		Slalom pole shuffles	
		Box jumps/step ups	
		Hurdles/Line hops	
		Balance Board and catch ball	
3:00	**Core**	**Russian twists** **Tuck out and in** **Plank to side plank**	
3:10	**Tuck**	**Tuck jumps whole group** **Tuck jump race**	
3:20	**Relays**	**Bear crawl, tuck jumps, lunges, reverse lunges, cartwheels, wheelbarrow, hop 1 leg, push ups**	Fun & Festive
3:25	**Mobility Series**	*Downward dog, high to low plank, upward dog, downward dog Downward dog, lunge, revolved crescent lunge with twist, crescent lunge on knee, half split (hamstring); repeat second side*	***x3 hold 10 seconds each***
3:30	**Games**	**Soccer** **Ultimate Frisbee** **Capture the flag**	
End 3:45			