

Description

Social distancing Physical circuit training for small groups

Screen 1

Set up: 4 x 5 x 5 m boxes (Example of size) ball per player, poles or cones for shuttle runs.

Sequence: Players Enter the box with the ball at their feet.

Objective: to execute the shuttle run as quickly as possible with the ball under control at all times, first pole/cone to last pole/cone 1-2-3-4 (see boxes 1&2)

Competition: Quickest player gets 1 point, do 6 sets with 30 seconds rest between sets.

Progression/variation: Players use weaker foot when running

Run to last pole/cone and work backwards 4-3-2-1 (see box 3)

Run around each pole/cone 1-2-3-4 then reverse (see box 4)

Ask the players to come up with a different type of shuttle run.

Competition: Quickest player gets a point first player to 5 points is the winner

