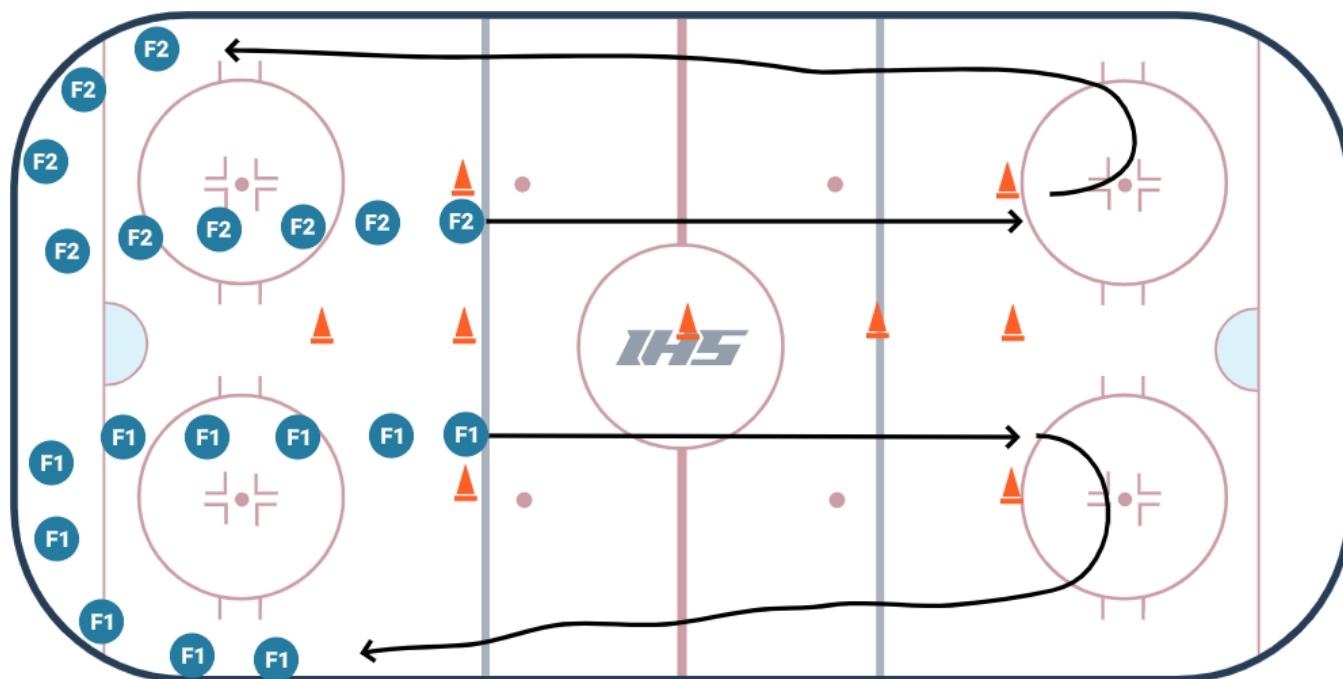


Fastest runner U8-U12



Description

- split into 2 groups behind cones at the blue line, set up cones down the middle as dividers and 2 cones at the end as the finish line
- players will spring from cone to cone and jog it back up the boards and back in line
- 2-3 reps each