



Specific Endurance:

- players divided into teams of 2, playing on 4 25 x 15m fields with small goals, with balls placed around the perimeter of the playing area
- play 2 v 2, for 3 minutes, with coach playing a new ball in immediately after the ball is played outside the playing area
- rest periods are 1.5 minutes, and teams switch opponents
- play 5 games total, for 3 minutes each

