

### **Repeated Sprint Training: Pass/Pass/Dribble:**

- players in groups of 4, 1 ball per group
- start with hand passing, within the group, using the following pattern:
- pass/ pass/ run with ball, all players sprint to follow their pass (and sprint with the ball)
- perform 3 sets of 2 minutes, with 30 seconds recovery between sets
- progress to put the ball on the ground, and follow the same pattern: (pass/ pass/ dribble, all players sprint to follow their pass, and dribble quickly with the ball)
- perform 3 sets of 2 minutes, with 30 seconds recovery between sets

