

**Repeated Sprints with Active Recovery:**

**Square Passing:**

- players in groups of 5, each group inside a 10m x 10m square
- number the players 1 to 5, and give the ball to player number 1
- all players move in the area, and pass the ball with hands in numerical order (1 to 2, 2 to 3, etc..) for 1 minute
- players must perform the following exercises after passing the ball, for 1.5 minutes each, with 30 seconds recovery between exercises:
  - sprint around 1 cone
  - sprint around 2 cones
- progress to putting the ball at the feet, and perform the following exercises after passing the ball, for 1.5 minutes each, with 30 seconds recovery between exercises:
  - sprint around 1 cone
  - sprint around 2 cones

**Progression 1:**

**Combination Passing:**

- perform the following exercises after passing the ball, for 2 minutes each, with 30 seconds recovery between exercises:
- players must execute a wall-pass to switch possession from one player to the next (sequence is “pass/pass/wall-pass”)
- players must execute an overlapping run and pass to switch possession from one player to the next (sequence is “pass/pass/overlap/pass”)

