**Sprints:**

Repeats of fast running ( short)

Find a nice grass area about 60 - 80 metres long and mark off your start and finish place.

Do a few more warm up drills before this session!

Sprint the 60-80 metres using good technique (high knees and arms staying locked at a right angle)

Walk back slowly after each effort.

 Under 11s - Try at least 6 times - aim to get faster with each one.

 Over 11s - 100m x 8-10 sprints