**Fitness**

Modified Yo-Yo

- 4-6 (sets) x 2 minute(continuous rep)

20m - Sprint out 20m, drop to stomach, get up sprint back to start line, jog 5m

to base, turn, jog 5m to start and repeat.

Start - Repeat continuously for 2 minutes

5m

The Box and Pyramid

- 6 sets x 1 full pyramid (10m -40m - 10m)

- Pyramid style runs. Always facing up field. When you move left,

right or backwards, you do so sideways or backwards

- All cones are 10m apart, with the longest sprint of 40m