**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