

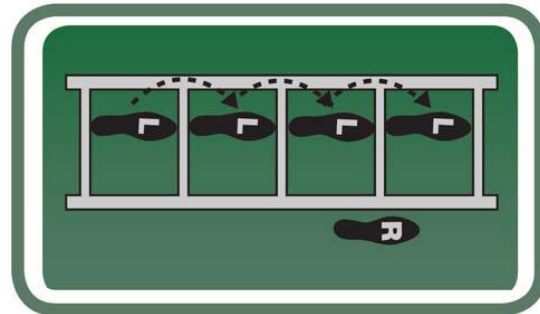
## Five minute fitness

### Speed and agility ladder

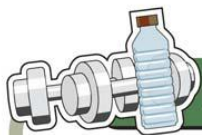
This exercise will help you to improve your speed and agility

#### Forward hops - 3 in 1 out

- Hop forward on one leg
- One hop in each square
- Every 3 hops step once out of the ladder onto the other leg
- Continue this sequence until ladder is complete
- Ground contact on balls of feet



Repeat 5 times.  
Rest 60 seconds between repetitions.

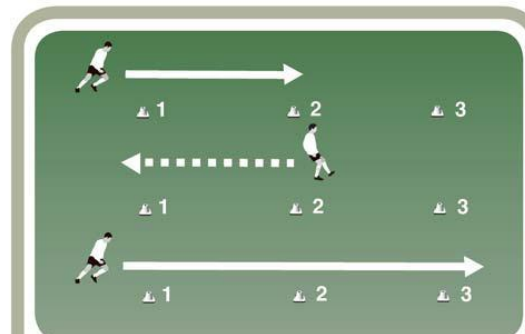


## Five minute fitness

### Sprints - forward/backward/forward

- Place 3 cones in a straight line with 5-10 yards between each cone.
- Players should sprint forwards from cone 1 to 2.
- Then run backwards from cone 2 to 1.
- Finally, sprint forwards from 1 to 3.
- Look for a lower centre of gravity on change of direction, bending knees to keep balance.

Repeat 5 times. Rest for 60 seconds between repetitions. 🍏



The runners should keep balance by leaning their upper body in the direction they are going.