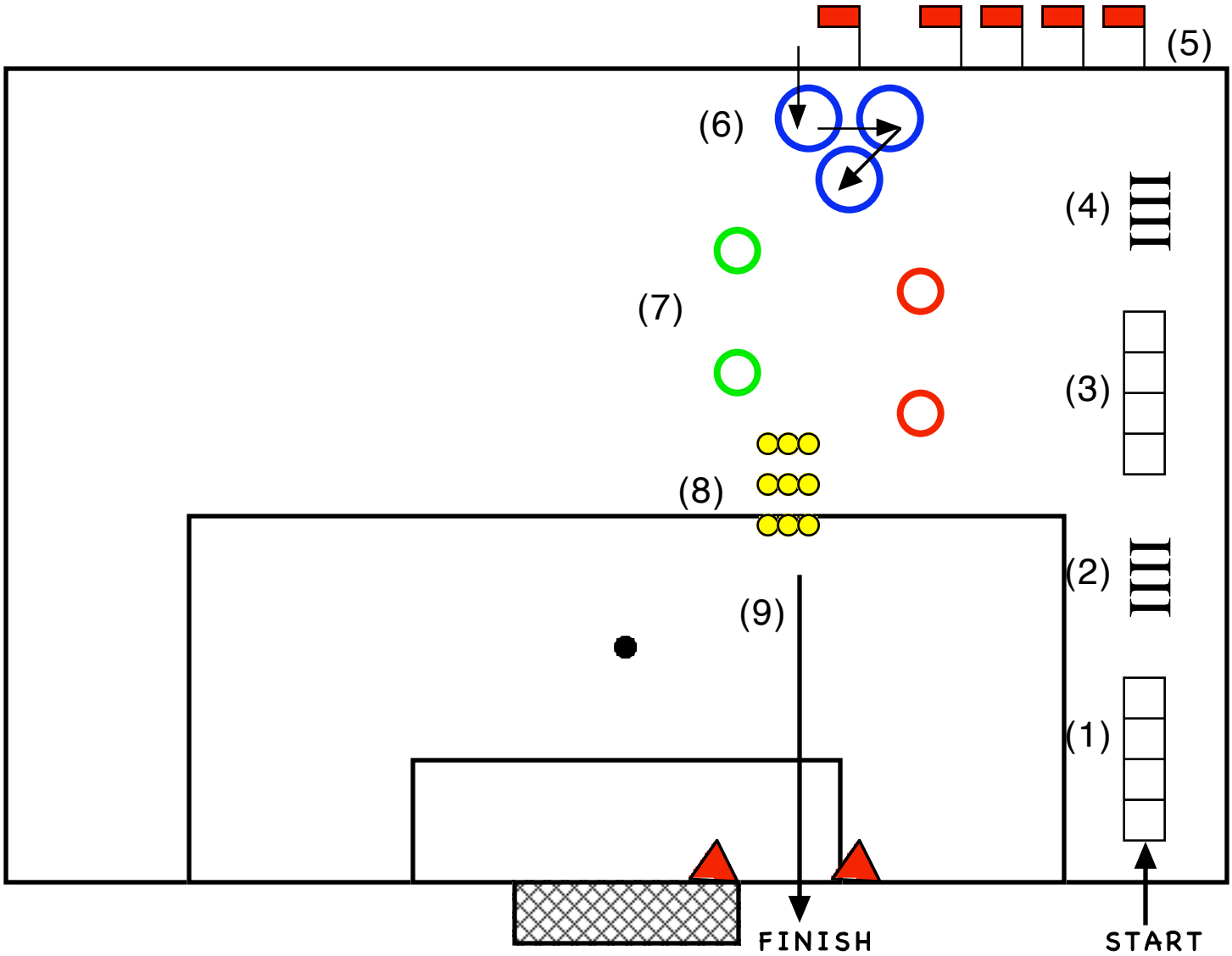


**FITNESS WITHOUT THE BALL:
 HALFFIELD CIRCUIT**



HALFFIELD FITNESS CIRCUIT

- (1) SINGLE-STEP THROUGH AGILITY LADDER (10 yards)
- (2) SINGLE-STEP OVER HURDLES (4-5 hurdles, approximately 1-yard apart)
- (3) TWO-STEP THROUGH AGILITY LADDER (10 yards)
- (4) TWO-STEP OVER HURDLES (4-5 hurdles approximately 1-yard apart)
- (5) SLALOM RUN AROUND FLAGS (4 flags, each 5 yards apart, 10 yards to 5th flag)
- (6) TWO-FOOTED JUMP INTO EACH OF THE HOOPS
- (7) SINGLE-FOOTED RUN INTO THE RINGS:
 Right Foot into the Green Rings, Left Foot into the Red Rings
 (Rings are 10 yards apart, both in width and length)
- (8) SLIDE/SHUFFLE THROUGH THE CONES (3-4 lines of 3-4 cones, approximately 3 yards apart)
- (9) SPRINT TO THE FINISH (15-18 yards)