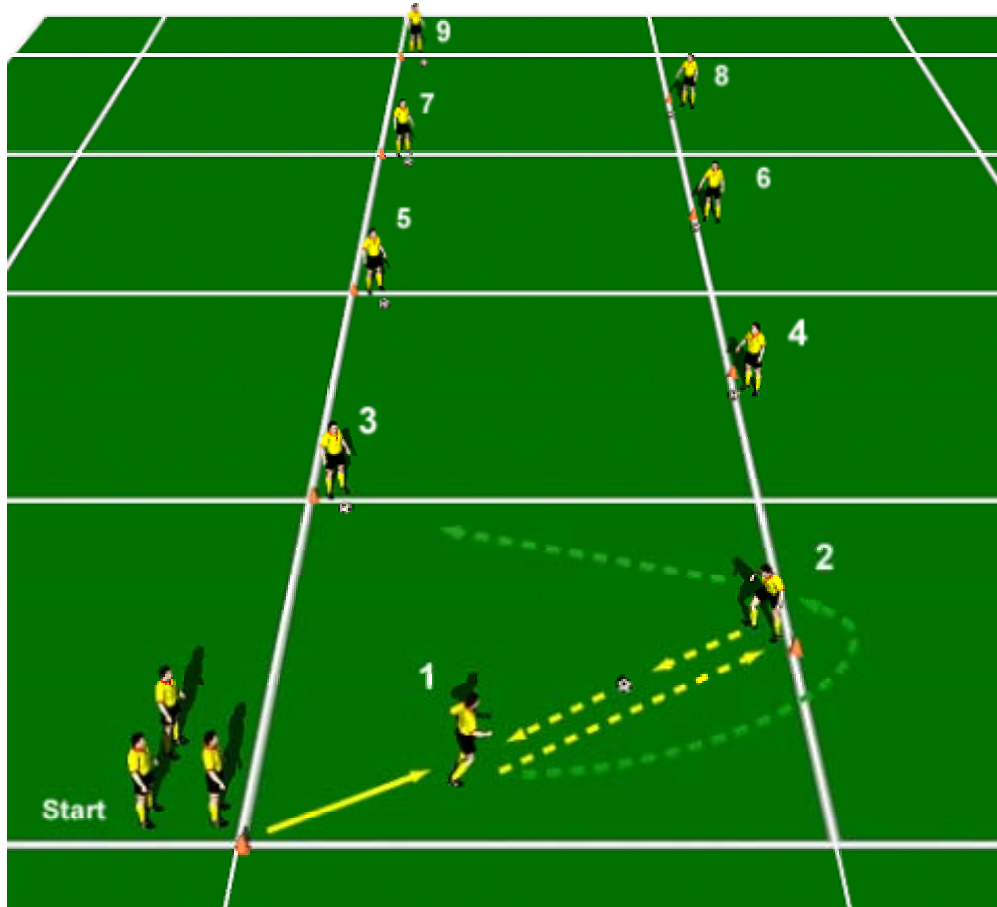


Scotland Runs

This exercise is used by the National Team of Scotland to develop team fitness while incorporating the ball.



Organization:

- Place cones approximately 10 yards apart (9 meters) as in the diagram above.
- Position a player at each cone with a ball each. (except the starting cone)
- Position a group of players at the starting point.

Instructions:

- First player at the start line, player "1" runs to player "2" and plays a "give and go" with player 2. He then runs around the cone and plays a "give and go" with player 3. He repeats this with all the players until he reaches player 9. He then takes the player 9 position.
- After each player passes the ball to player "1" they must receive the return pass and kill the ball dead at the cone. They leave the ball and sprint to the next cone ahead of them, back to their cone and again back to the cone ahead of them where they stay. After each pass they are moving up a cone closer to the starting line.

- The concept is for the players to move up the cones by doing 3 sprints each time they pass the ball to the runner. Eventually when they reach the last cone they then become the running player.

Note: Start the second runner when the first runner is mid-way down the line. This sets a good tempo to the practice session.

Keep track of distance covered during session. Work approximately 15 minutes.

Duration of Practice _____

Total Distance Covered _____