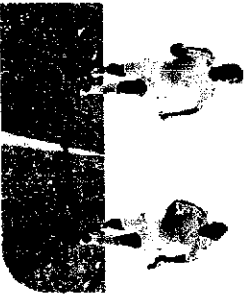


13, 14, 15 RUNNING EXERCISES

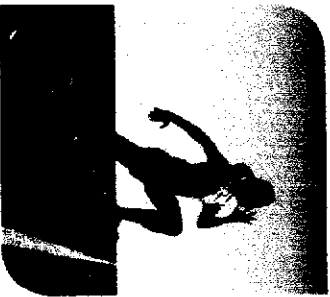


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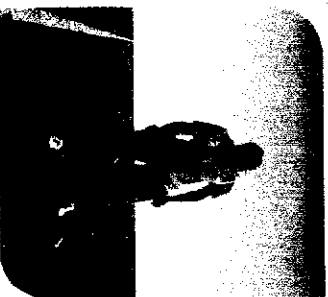
13 ACROSS THE PITCH

Run approx 40m across the pitch at 75-80% of maximum pace and then jog the rest of the way. Keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knees buckle inwards. Jog easily back. **2 sets.**



14 BOUNDING

Take a few warm-up steps then take 6-8 high bounding steps with a high knee lift and then jog the rest of the way. Lift the knee of the leading leg as high as possible and swing the opposite arm across the body. Keep your upper body straight. Land on the ball of the foot with the knee bent and spring. Do not let your knee buckle inwards. Jog back easily to recover. **2 sets.**



15 PLANT & CUT

Jog 4-5 steps straight ahead. Then plant on the right leg and cut to change direction to the left and accelerate again. Sprint 5-7 steps (80-90% of maximum pace) before you decelerate and plant on the left foot and cut to change direction to the right. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back. **2 sets.**

POSITION



correct



incorrect



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