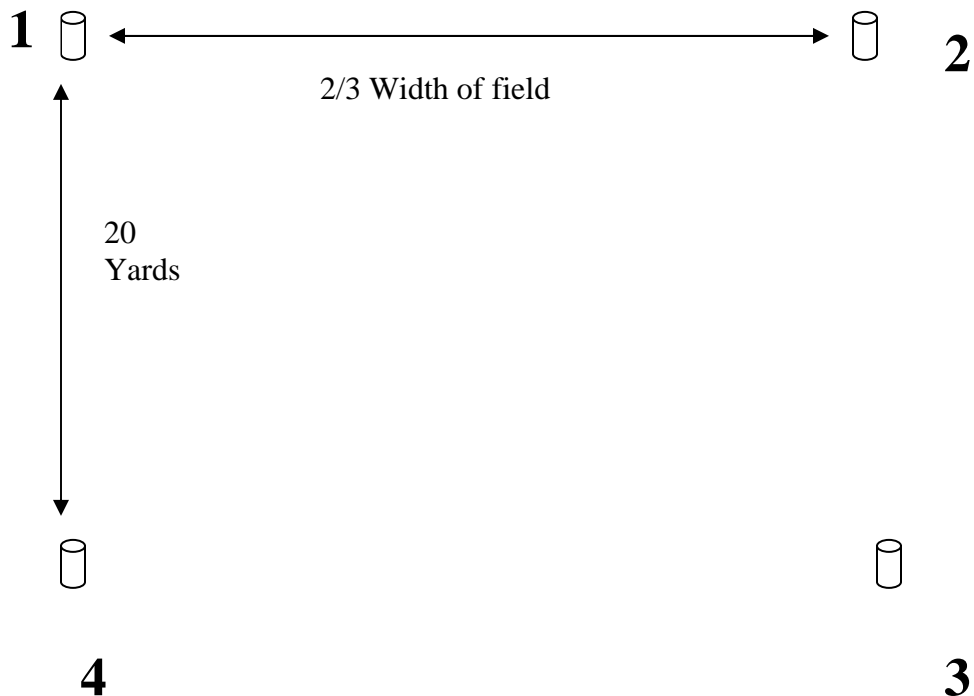


4 Corner Drill



1. Split the team into 4 even groups. We prefer groups of 7-10 players
2. Assign a coach to each station 1 through 4
3. Each station has a conditioning drill. We use:
 - a. Pushups
 - b. Situps
 - c. Mountain Climbers
 - d. Jumping Jacks or High Jump
 - e. Coach is to watch for proper technique and to motivate
4. On the whistle, each group does that drill the specified number of times, or time limit.
5. When completed, sprint to next station and do that drill specified number of times or time limit
6. Complete rotation 3 times to start, lengthening as team conditioning improves
7. After last rotation, team meets in middle for '**TEAM**' chant and breaks for water