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Game Speed Conditioning – Field

Complete Each Sprint with **60%** Effort - Level 1

Set 1

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times

Rest 1:30

Set 2

Shuffle 5 yards – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint 20 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg in front 25 yards back and
forth 2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 4 times

Rest 1:30

Set 3

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg behind 20 yards back and
forth 2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 4 times

Rest 1:30

Set 4

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times



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Game Speed Conditioning – Field

Complete Each Sprint with **80%** Effort - Level 2

Set 1

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times

Rest 1:30

Set 2

Shuffle 5 yards – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint 20 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg in front 25 yards back and
forth 2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 4 times

Rest 1:30

Set 3

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg behind 20 yards back and
forth 2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 4 times

Rest 1:30

Set 4

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times



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Game Speed Conditioning – Field

Complete Each Sprint with **100%** Effort - Level 3

Set 1

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times

Rest 1:30

Set 2

Shuffle 5 yards – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint 20 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg in front 25 yards back and
forth 2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 4 times

Rest 1:30

Set 3

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg behind 20 yards back and
forth 2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 4 times

Rest 1:30

Set 4

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times



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Game Speed Conditioning – Field

Complete Each Sprint with **100%** Effort - Level 4

Set 1

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times

Rest 20 Seconds

Power skip 50 yards and sprint backwards back
to Goal Line

Rest 2:00

Set 2

Shuffle 5 yards – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint 20 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg in front 25 yards back and
forth 2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 4 times

Rest 20 Seconds

12 split squat jumps

Rest 2:00

Set 3

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg behind 20 yards back and forth
2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 4 times

Rest 20 Seconds

Power skip 40 yards and sprint backwards back
to Goal Line

Rest 2:00

Set 4

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards
back and forth 3 times

Rest 20 Seconds

Power skip 40 yards and sprint backwards back
to Goal Line



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Game Speed Conditioning – Field

Complete Each Sprint with **100%** Effort - Level 5

Set 1

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards back and forth 3 times

Rest 20 Seconds

Power skip 50 yards and sprint backwards back to Goal Line

Rest 20 Seconds

Sprint 50 yards – back and forth 2 times

Rest 2:00

Set 2

Shuffle 5 yards – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint 20 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg in front 25 yards back and forth 2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards back and forth 4 times

Rest 20 Seconds

12 split squat jumps

Rest 20 Seconds

Sprint 50 yards – back and forth 2 times

Rest 2:00

Set 3

Sprint forward 5 yards and backpedal 5 yards back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Carioca same leg behind 20 yards back and forth 2 times

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards back and forth 4 times

Rest 20 Seconds

Power skip 40 yards and sprint backwards back to Goal Line

Rest 20 Seconds

Sprint 50 yards – back and forth 2 times

Rest 2:00

Set 4

Sprint 5 yards – back and forth 3 times

Rest 20 Seconds

Carioca 20 yards – back and forth 2 times

Rest 20 Seconds

Backward Shuffle 25 yards

Sprint back to Goal Line

Backward Shuffle 25 yards

Sprint back to Goal Line

Rest 20 Seconds

Sprint forward 5 yards and backpedal 5 yards back and forth 3 times

Rest 20 Seconds

Power skip 40 yards and sprint backwards back to Goal Line

Rest 20 Seconds

Sprint 50 yards – back and forth 2 times

