

# Multi-Directional Sprints for Soccer Conditioning

Many times when setting up a conditioning session, we focus on forward sprints only. It is important, however, for players of all ages to condition in a variety of directions and with a variety of motions. On the soccer field, a player side shuffles, they back pedal, they do cross over steps and other runs as well as sprint forward. The following is a conditioning drill which focuses on a variety of skills and motions. To train the proper energy systems of soccer, go through this circuit as fast as you can, then jog through the circuit as your recovery. Start with 3 sets of the circuit, and progress to 5 or 6 sets as necessary. Good Luck, and work hard.

Aaron P. Marston

Editor

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