**The David Beckham Academy**

**Test your fitness with tough box drill exercise. If you don’t have cones to make a square, use jumpers or balls as markers.**

**Box Drills**

**Start**

**Jog around the box twice warm up.**

**1 Jockey (side-step) to the right, back to cone 1.**

**2 Sprint 5 metres to cone 2.**

**Jog and skip 2 times round the square to help full recovery.**

**3 Jockey to the left 5 metres to cone 3.**

**4 Backpedal 5 metres to cone 4, make sharp right out.**

**Repeat the drill 5 times making sure you are fully recovered before starting each circuit.**

**You could try dribbling with a ball around the square too.**