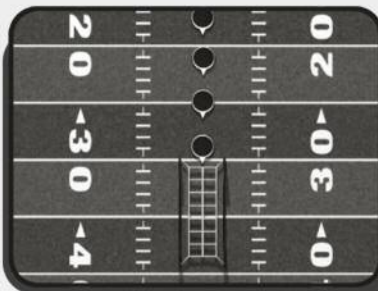
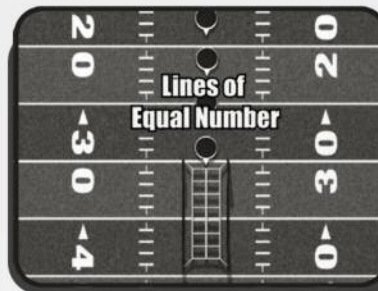


Running Ropes or Tires



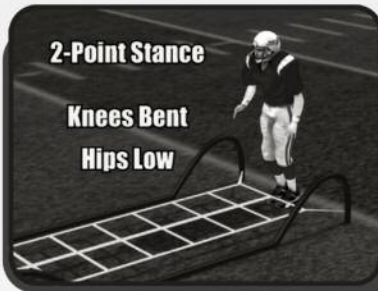
01 ★

Coach places running ropes or tires in front of players.



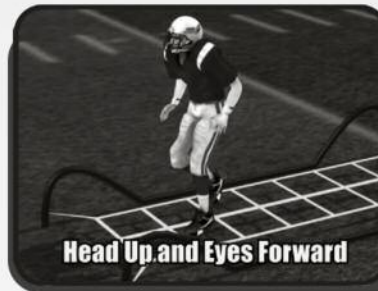
02 ★

Form lines of equal-numbered players.



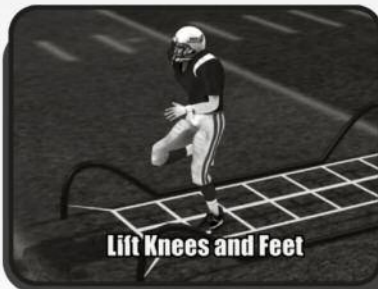
03 ★

Start in a 2-point stance with knees bent and hips low.



04 ★

On whistle, run through ropes or tires with head up and eyes forward.



05 ★

Lift knees and feet to keep from tripping.



06 ★

Carry a football to simulate game or practice activity.

Notes: