

Training Ground

Hard · 16 × 16 · 18 words · every direction, backwards too



- ☐ SHUTTLE RUN
- ☐ LADDER DRILLS
- ☐ RONDO
- ☐ CONE WEAVING
- ☐ SMALL SIDED GAME
- ☐ TACTICS BOARD

- ☐ MATCH FILM
- ☐ SET PIECE
- ☐ DEAD BALL
- ☐ FITNESS TEST
- ☐ STRETCHING
- ☐ ENDURANCE

- ☐ AGILITY
- ☐ COOL DOWN
- ☐ HYDRATION
- ☐ PRESEASON
- ☐ SCOUTING
- ☐ ACADEMY

Training Ground: answer key

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