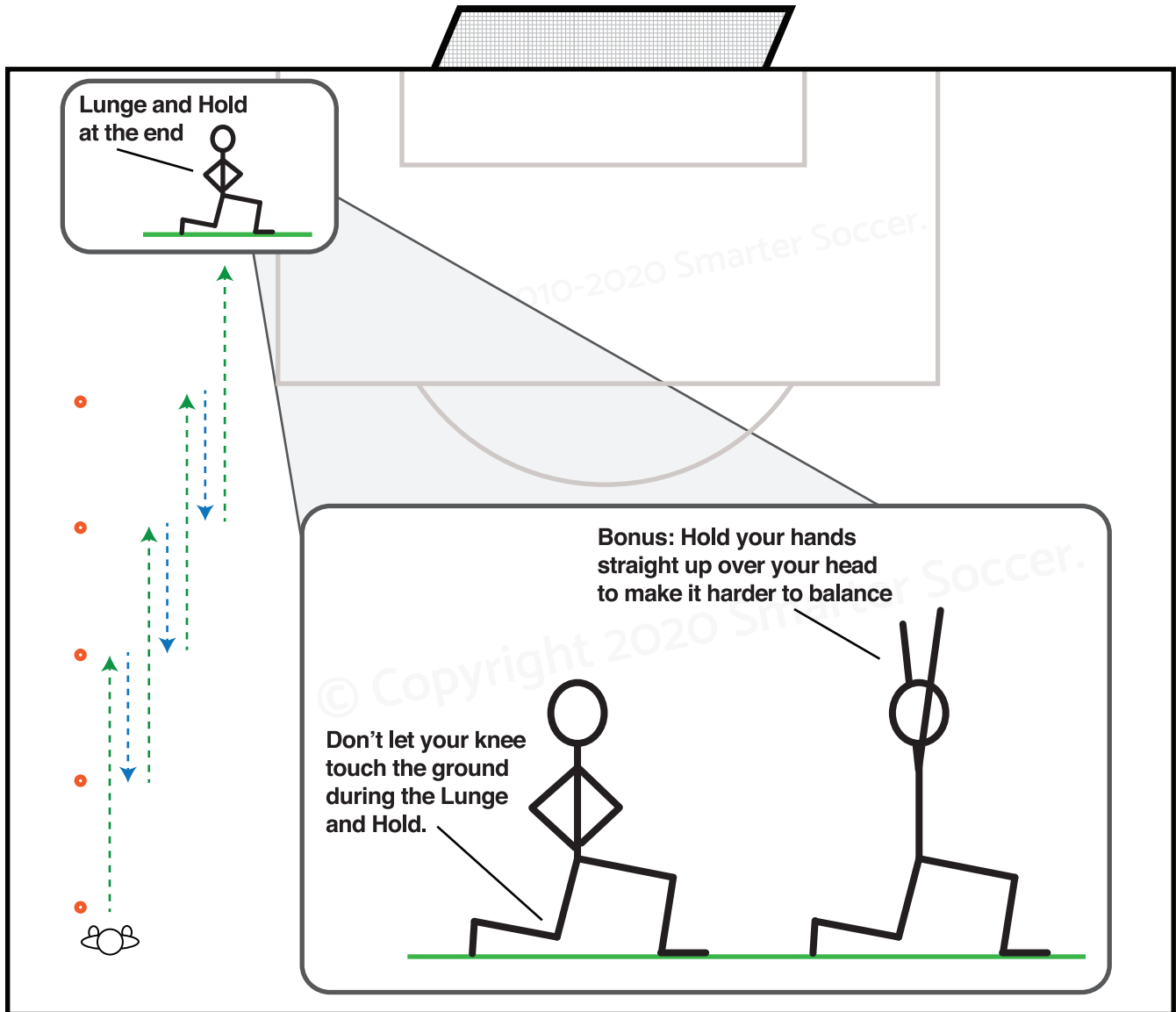




# Two Forward - One Back

## Preseason Conditioning

### Sprinting / Running Backwards



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Cones (5 Yards Apart): ●

Sprinting: →

Running Backwards: ←

Lunge & Hold:

<https://smarter.soccer>

