

Team Building while Running Sprints

As coaches, we all know the importance of getting our team in great physical shape. Running lines, or as some coaches call suicides, have been popular ways to condition. Sprints can be completed in a short period of time, which is beneficial to those of us who are limited on gym time. Each year we begin our season by trying to find a positive spin on executing the inevitable task of chasing air.

This year, we implemented **“team ladders.”** Instead of running for themselves, our players perform sprints as a team. We ask our players to get into groups of three to run each sprint. This is a great opportunity for our captains and leaders to exemplify leadership by arranging the players in the best groups possible, in order to complete the sprints in the time allotted. The slowest players should be paired with two of the faster, better-conditioned players. The results of this program have been both rewarding and exciting. Our players have transpired from minimal-communication during sprints, to clapping for each other and showing great enthusiasm. We have also found that our better-conditioned players are giving maximum effort, rather than coasting, to ensure the best time in a team effort. The slowest players do not throw in the towel because they are last; they continue to sprint to guarantee that their team completes the sprint in time.

The following workout should take approximately 20 minutes.

There should be 3 players in each group. Each time the athlete sprints the full length of the court in one direction, it counts as 1 sprint. Therefore, “down and back,” would equal 2 sprints. The start of the ladder/mountain (2 sprints in 30 seconds) would include each member of the group running down the length of the court and back in 30 seconds total.

Groups of 3

2 sprints - 30 sec.

4 sprints - 1:03

6 sprints - 1:45

8 sprints - 2:27

10 sprints - 3:10

10 sprints - 3:26

8 sprints - 2:36

6 sprints - 1:53

4 sprints - 1:09