

## **Squad Run**

A squad run is when a team jogs in a single file line around an area. It begins when the last person in the line sprints to the front. When that person at the end of the line sprints to the front of the line, the last person again sprints to the front and this pattern continues. This continues until coach's expectations are met. (Ex. Two laps around the gym, one lap around the track, etc.)