Train like a soccer player!

The Women's FIFA World Cup is on right here in Vancouver, and soccer has never been hotter. Add some soccer drill-inspired exercises to your workout!

**Grapevine**

This footwork exercise helps increase agility! To do a grapevine:

a) step in front of your right foot with your left foot
b) step out to the side with your right foot
c) step behind your right foot with your left foot
d) step out again to neutral position with your right foot.

Repeat so you have a chain of sideways movements that can move you across the field.

Grapevines make a good warm-up move for any routine!

**Sprints**

Soccer involves a lot of stop-and-go running, so you get used to speeding up quickly! Sprint 1 lap on the track (400m) followed by a 1-minute walk. Complete a total of four times.

If you don't have a track nearby, run intervals based on time: sprint for 2 minutes followed by 1 minute walking for 10 minutes.

**Knee high runs**

Train the same muscles you use to kick a ball! Stand tall with your feet about hip width apart. Bring your right knee up to your hips and then simultaneously jump your left knee up as your right leg steps back to the ground. Remember to keep your torso upright and steady throughout the movement!

**Bonus:** Round up friends and family and play a pickup game of soccer! Besides making your workout more social, playing in a game has the added effect of testing your reflexes as you challenge other players for the ball.

Images (top to bottom):
http://www.somdnnews.com/article/20140829/SPORTS/140829086/1060/a-new-chapter-begins-for-college-of-southern-maryland-women-s&template=southernMaryland