

“Dynamic Yo-Yo”
(high intensity aerobic exercise)

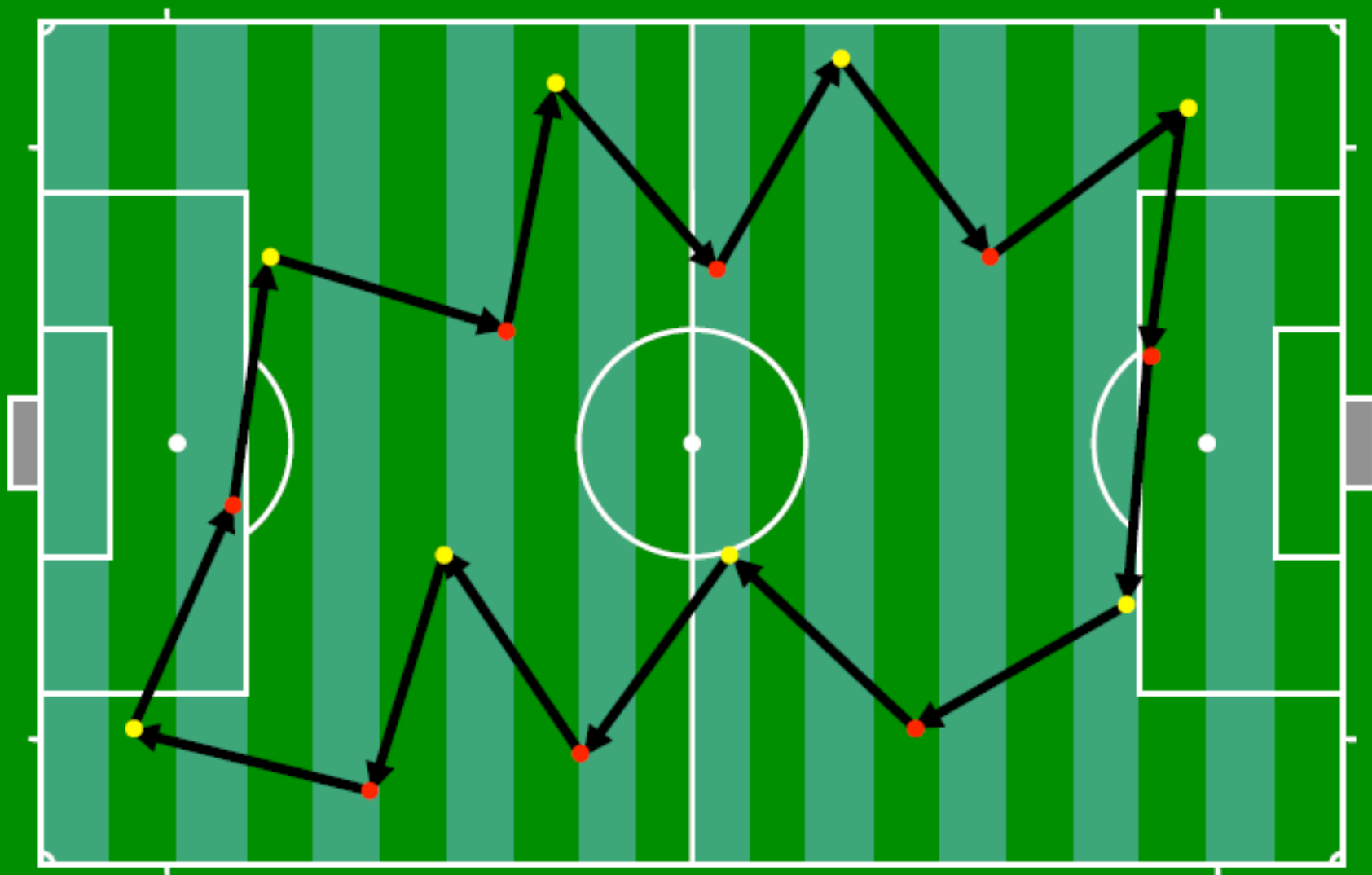
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Dynamic Yo-Yo

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Set up:

- 1) Prepare 8 YELLOW and 8 RED cones (16 total)
 - Place the cones using the set up guideline
 - Use the penalty area, penalty mark, center circle, halfway line, touch line, and goal line as reference points
- 2) Distance between each cone is 20m
 - Use the distance measuring tape
 - Place 0.00m on top of the yellow cone, place 40.00m on top of the next yellow cone, then place 20.00m on top of the red cone in-between, creating a “V” shape with the measuring tape (adjust the red cone location as necessary)

Cone set up:

- 1) If you are using a FIFA Competition Pitch (regulation size, 105x68m), then you can utilize the lines and marks as an easy reference
- 2) If you are not using a FIFA Competition Pitch, then you have to measure all the cone locations from the “center mark”
 - Absolute minimum dimension required is 90m length by 62m width

Dynamic Yo-Yo ("EASY" cone set up)

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FIFA Competition Pitch
(regulation size) =
105m (L) by 68m (W)

