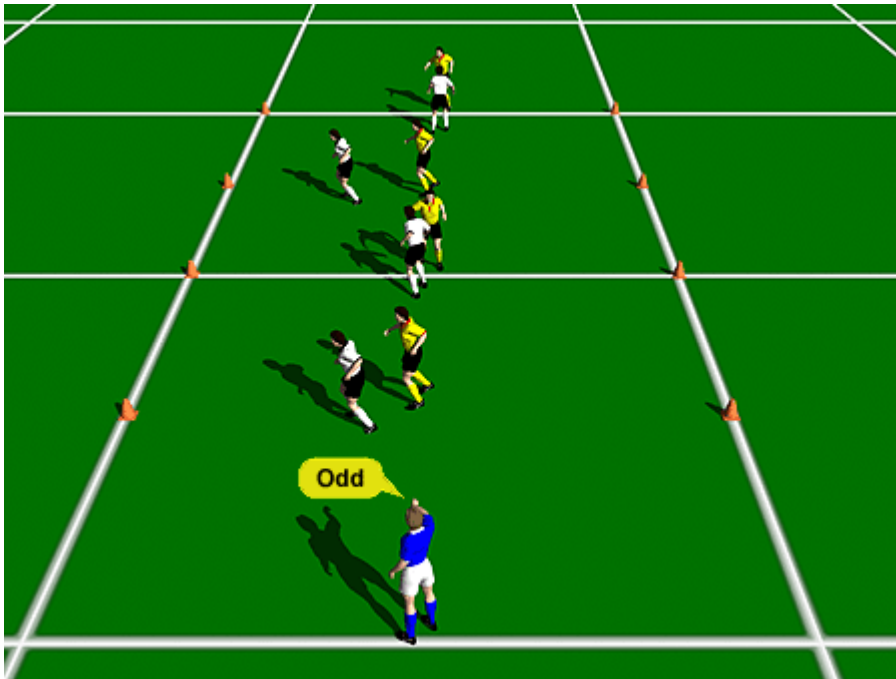


# Reaction and Quickness Drill 6

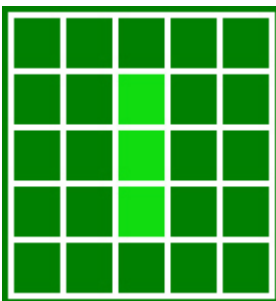


## Coaching Points:

Divide the group into pairs. Each pair positioned face to face on the starting line. Using ones mark a line 5 yards each side. The coach designates a name for each side; e.g. Right - Left, Odd - Even, Red - Green, King - Queen, Apples - Pears.

When the coach calls one of the names, the players race their partner to the side, in line with the cone and back to the starting position. First player back wins.

Coach can vary the practice by having players run to the opposite side he calls. You can also perform this drill with a ball. Make a competition between partners, award a point for each time the player wins the race. First player to 10 wins.



## Organizational Set Up

Entire Team  
Area 10 x 30 yards or 9 x 27 metres.  
Place cones 10 yards (9 metres) apart  
Supply of Cones