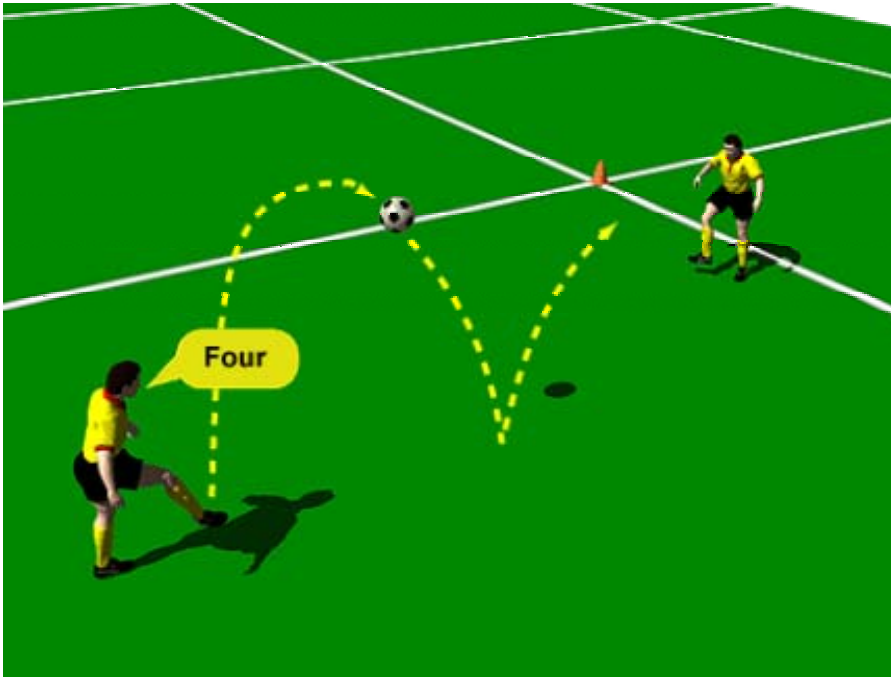


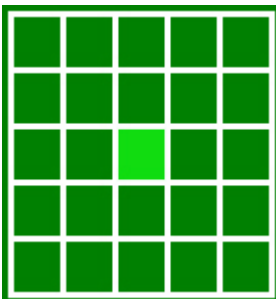
Reaction and Quickness Drill 4



Coaching Points:

Divide the entire group into pairs. Two players using one ball. Players work in an area approximately 10 yards x 10 yards or 9 metres x 9 metres. This drill is not limited to two players, you can use as many or as few players as you want.

Two players throw the ball to each other whilst moving at random. If there is no command the player who is receiving the ball catches it. But if the player who throws the ball shouts a number (4 for example) then the receiving player has that number of touches as a soccer player to play the ball back. This time between every catch or pass there has to be one bounce of the ball on the floor; this is by far the most difficult of all adjustments and requires total concentration and focus. Repeat the same principles as in the previous drills.



Organizational Set Up

Entire Team
2 players per grid 10 x 10 yards or 9 x 9 metres.
2 players using 1 ball.
Supply of Cones