

Speedy Feet



Coaching Points:

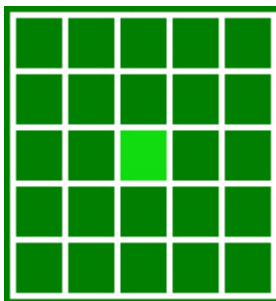
This is a great exercise to incorporate in your warm up activity. This drill will help improve both the quickness of the player's decision making and their foot reactions.

Divided your group of players into pairs. Each pair has 3 balls. One player calls the instructions while the other performs the exercise. Position 3 balls to form a triangle. The player starts the drill by jogging slowly in place, between the 3 balls. On the partners command, the player touches the top of the ball with the sole of the foot, as quickly as possible. The challenge is for the player not only to perform the drill quickly, but also select the correct ball.

Each ball is labeled in the following order;

One, Two and Three
Red, Green, Blue
Jack, Queen, King

The partner calls out series of commands for the player to perform. If the partner calls out "Three" the player must touch ball #3. If the partner calls out "Queen" the player must touch ball labeled Queen etc. Keep the pace fast and the player should prevent moving the balls when they touch them. Add your own categories and see how many things they can remember under pressure. Rotate every 60 seconds. Repeat 3 times each.



Organizational Set Up

Entire Team
2 players per grid 10 x 10 yards or 9 x 9 metres.
2 players using 3 balls.
Supply of Cones