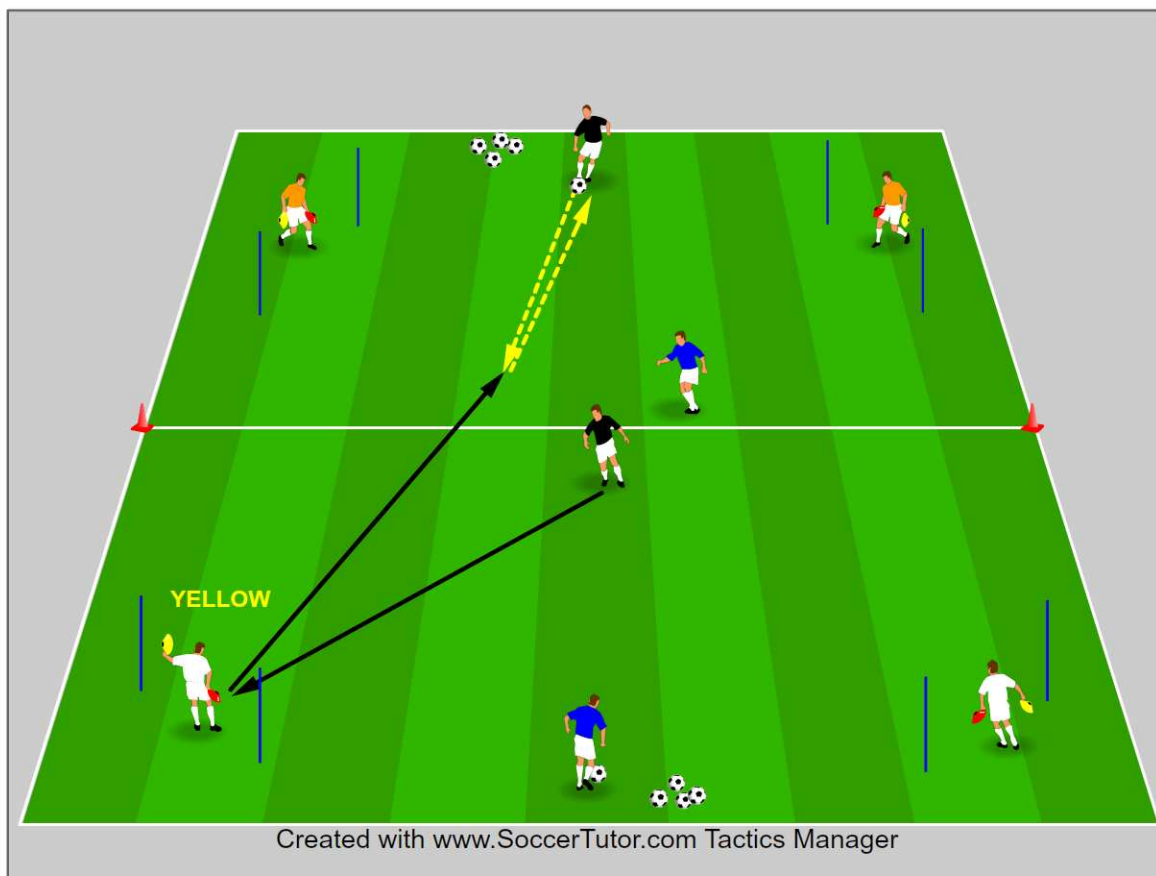


## Player Conditioning and Quick Awareness Exercise



<b>Date:</b>	19/Jul/2012	<b>Measurement:</b>	20 x 20 Yards
<b>Time:</b>	N/A:N/A	<b>Players:</b>	8
<b>Duration:</b>	N/A	<b>Level/Age Group:</b>	U8 - 18+

**Description:** Two players are in the middle of the area. Each of them have a partner located outside the area with a collection of balls. There are four gates with a player each possessing a red and yellow cone. One player reacts to a YELLOW cone and the other one to a RED cone. When a player holds up the yellow or red cone, the middle player from the appropriate team checks to that gate then shows for a pass from his team-mate which he passes back, one-touch if possible. The players change roles after a set period of time.

**Objective:** To develop player conditioning, quick reaction and awareness.

**Coaching Points:**

1. Open up the body to be aware of all 4 gates. Players will also need to quick look over their shoulder.
2. Whilst checking to and from the gate, try to do half-turned to be aware of the partner positioning.
3. Maintain concentration immediately after passing the ball back to the partner.

**Progression:** Partner passing moves left of right to create different angles.



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