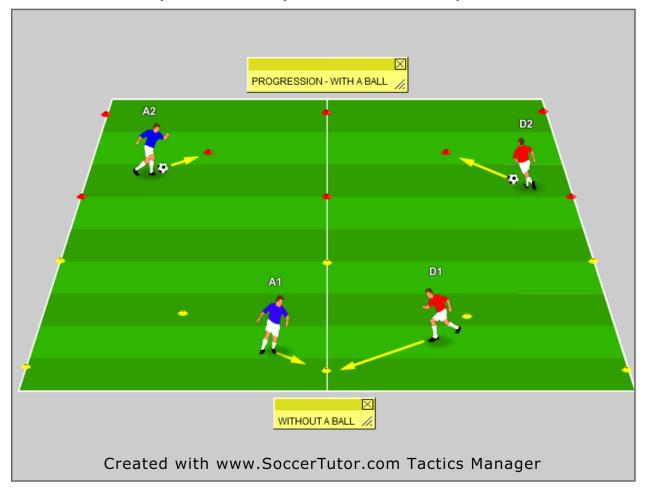


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TACTICS MANAGER

Develop Reactive Speed - Feel The Speed DVD



Date: 10/Aug/2011 Measurement: 10 x 20 Yards

Time: N/A: N/A Players: 2

Duration: N/A **Level/Age Group:** U11 – U14 (Intermediate)

Description: The attacker must quickly move as fast as possible to any of the 5 disc cones, varying

the direction and the runs. The defender has to mirror the movement of the attacker. Introduce a ball each once the players have learnt the drill. Players work fro 20

seconds and rest for 1-2 minutes.

Objective: To develop reactive speed.

Coaching 1. Quick feet - on the balls of your feet

Points: 2. Quick reactions - get low and bend the knees

3. Short sharp steps

Progression: Introduce a ball each.