

Develop Reactive Speed - Feel The Speed DVD



<b>Date:</b>	10/Aug/2011	<b>Measurement:</b>	10 x 20 Yards
<b>Time:</b>	N/A : N/A	<b>Players:</b>	2
<b>Duration:</b>	N/A	<b>Level/Age Group:</b>	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 for 20 seconds and rest for 1-2 minutes.

**Objective:** To develop reactive speed.

**Coaching Points:**

1. Quick feet - on the balls of your feet
2. Quick reactions - get low and bend the knees
3. Short sharp steps

**Progression:** Introduce a ball each.