

Reaction Warm-Up

This is a good warm-up exercise that warms up the brain as well as the feet. Having tried it out on my team you soon find out who can think quickly - and also who knows their left from their right!

Set-Up

Make a circle with markers - one for each player.

If you have a large number of players, make two (or three) circles.

The size of the circle will depend on the age of your team and how much of a work-out you want to give them - but even a small circle is good enough if you do the drill at pace.

Procedure

Couldn't be simpler - you just shout out instructions!

"2 left"

"3 right, 1 left"

"2 right, centre, 1 left"

(Centre means run to the middle of the circle AND BACK)

Variations

The drill can be done with or without a ball.

Specify the type of steps they have to use between each marker, i.e., sidesteps or turn and run.

Have them sit down after each instruction - then they get to practice getting on their feet quickly (or get trampled!)

Points to Watch

Make sure your kids are on their toes ready to move - no standing flat-footed.