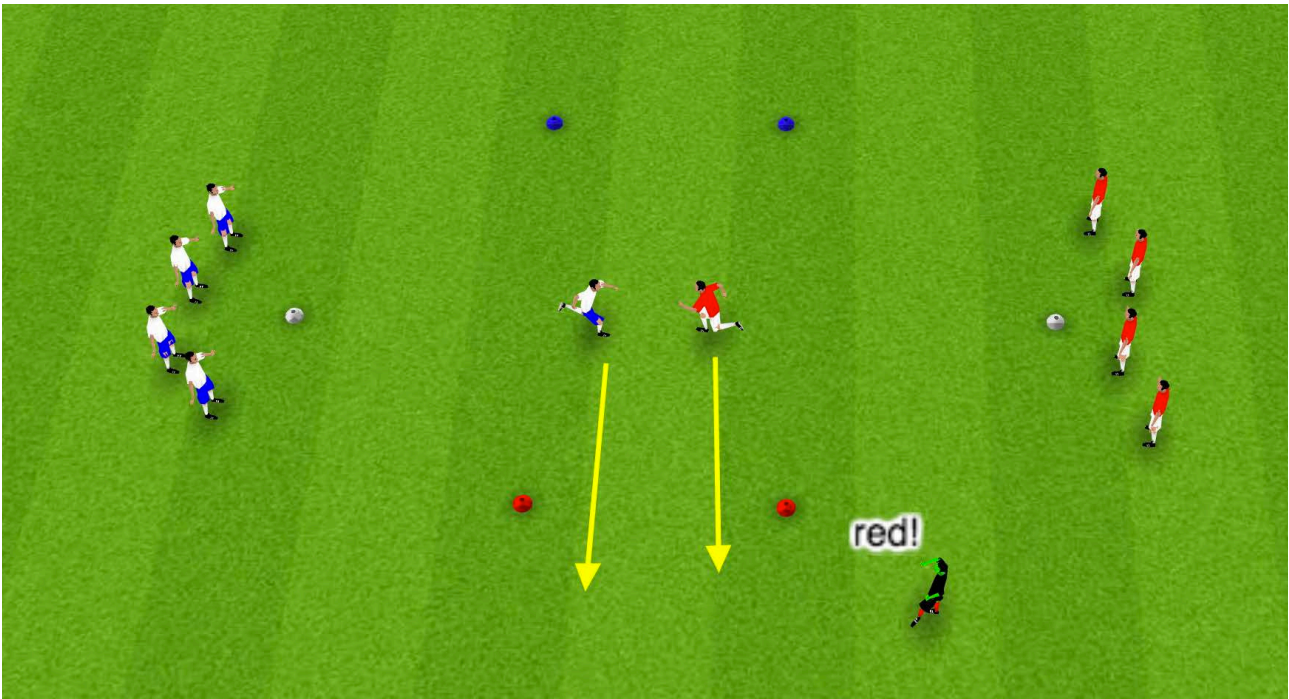




TRAINING EXERCISE 6



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TOPIC

Speed and reaction.

1v1, both players meet in the middle in movement (skipping) Coach gives instruction in which direction to run. Instruction is done by name of colour (blue or red). If coach says blue, both players run through blue goal. First player crossing the goal wins. Then the next 2 players come to 1v1 in the middle. Again coach sends them into direction red or blue.

VARIATION

New colours with new cones. Sense of colour and direction can be changed. On “red” players need to run to blue cones etc.