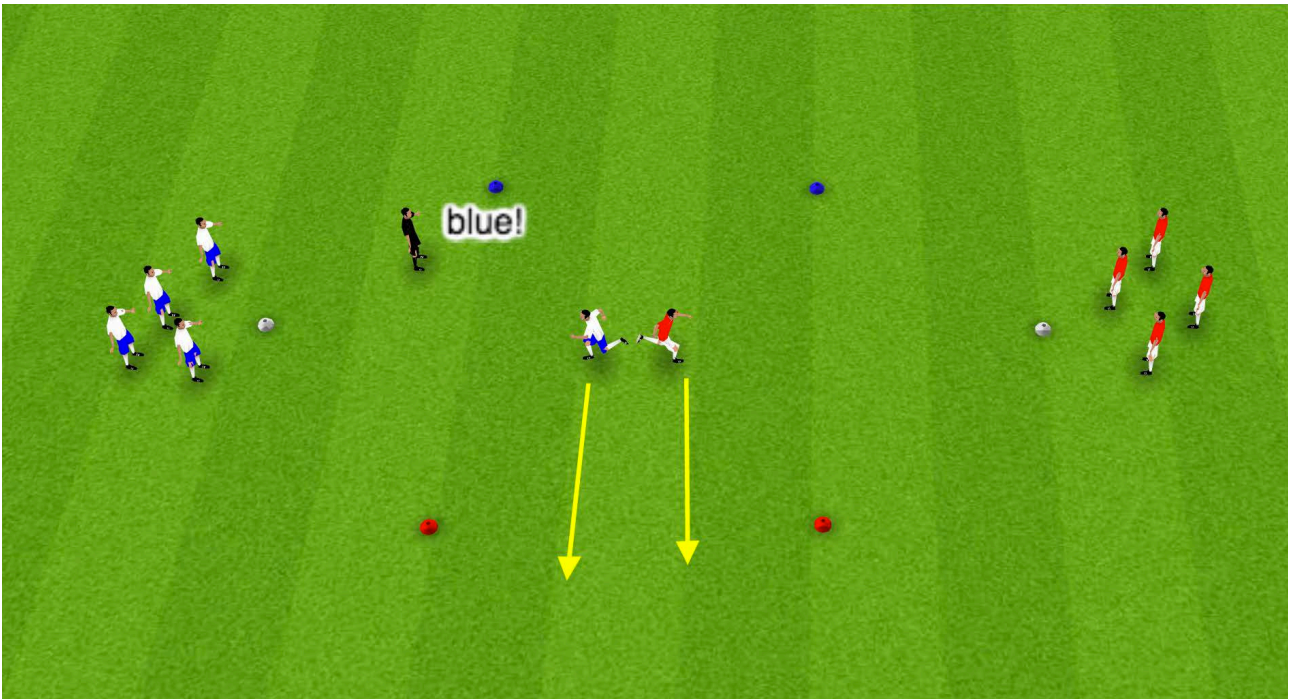




TRAINING EXERCISE 7



© sportsessionplanner.com

TOPIC

Coordination, swiftness of response, speed.

1v1, both players meet in the middle back to back (skipping). Coach gives instruction in which direction to run. If coach says blue, players need to run to red and vice-versa.

VARIATION

Players may vary position - on the knees, standing on one leg, lying down, sitting etc. Mix the pairs that not the same players compete with each other all the time. Use new cones and colours.