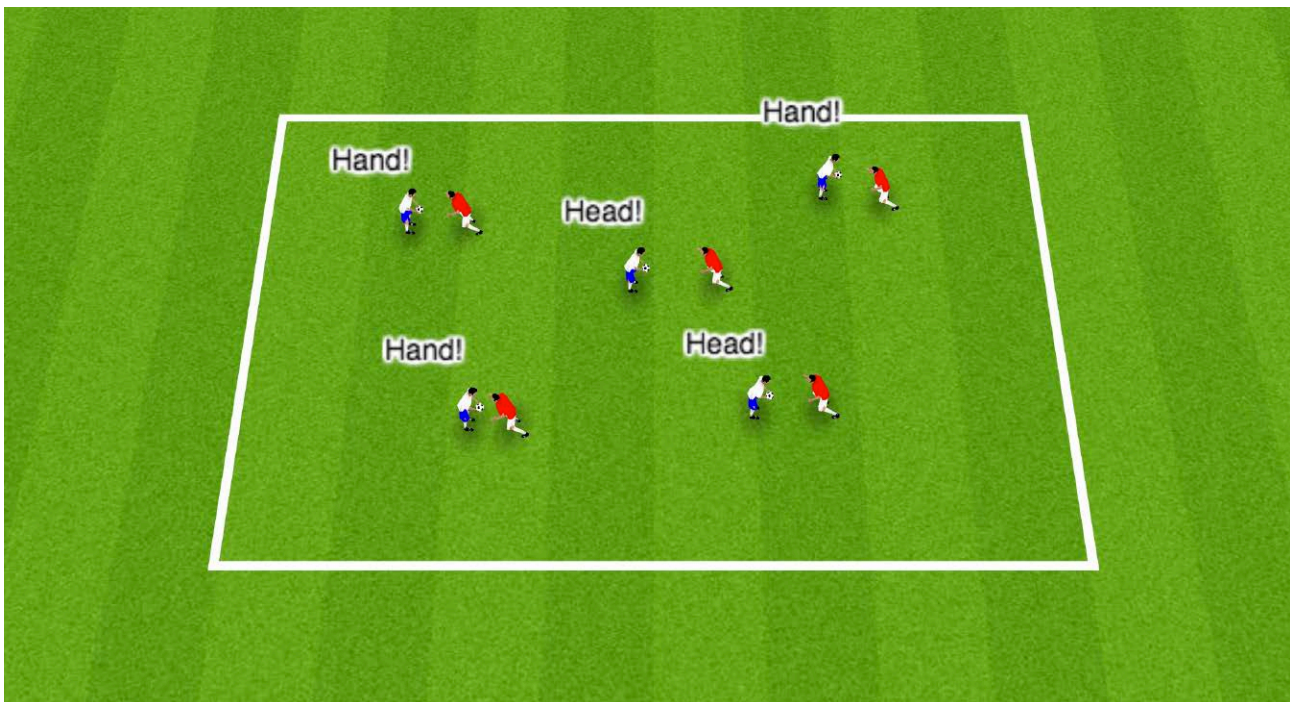


## TRAINING EXERCISE 9



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### TOPIC

#### **Swiftness of reaction, coordination.**

We form pairs of players. White player has the ball and throws it to the red player. He gives instruction how the red player needs to return the ball - by hand or head. After some time we change roles and red player throws ball to white player giving instructions.

### VARIATION

We use other body parts (knee, foot). Do not use more than 2 body parts at the same time. Further variation: use the opposite sense of the words. Example: On instruction "head", you need to play with the knees.