

## Warm Up Activity - #2 / Speed, Reaction, Knock Off

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 20m x 20m.
- Four players enter the playing area.
- Each player goes to a cone and begins to jog on the spot.
- The players must react to the coaches' call.
- If coach calls 'left' or 'right' the players must move to the correct cone.
- If you coach calls 'switch', the players switch positions with the players opposite them.
- When the coach blows a whistle, the players must turn and sprint to knock the ball off their outside cone and then race back to try and get to the middle ball first.

### Coaching Remarks

- Encourage players to be on their toes.
- Encourage players to move their feet quickly.

### Diagram

