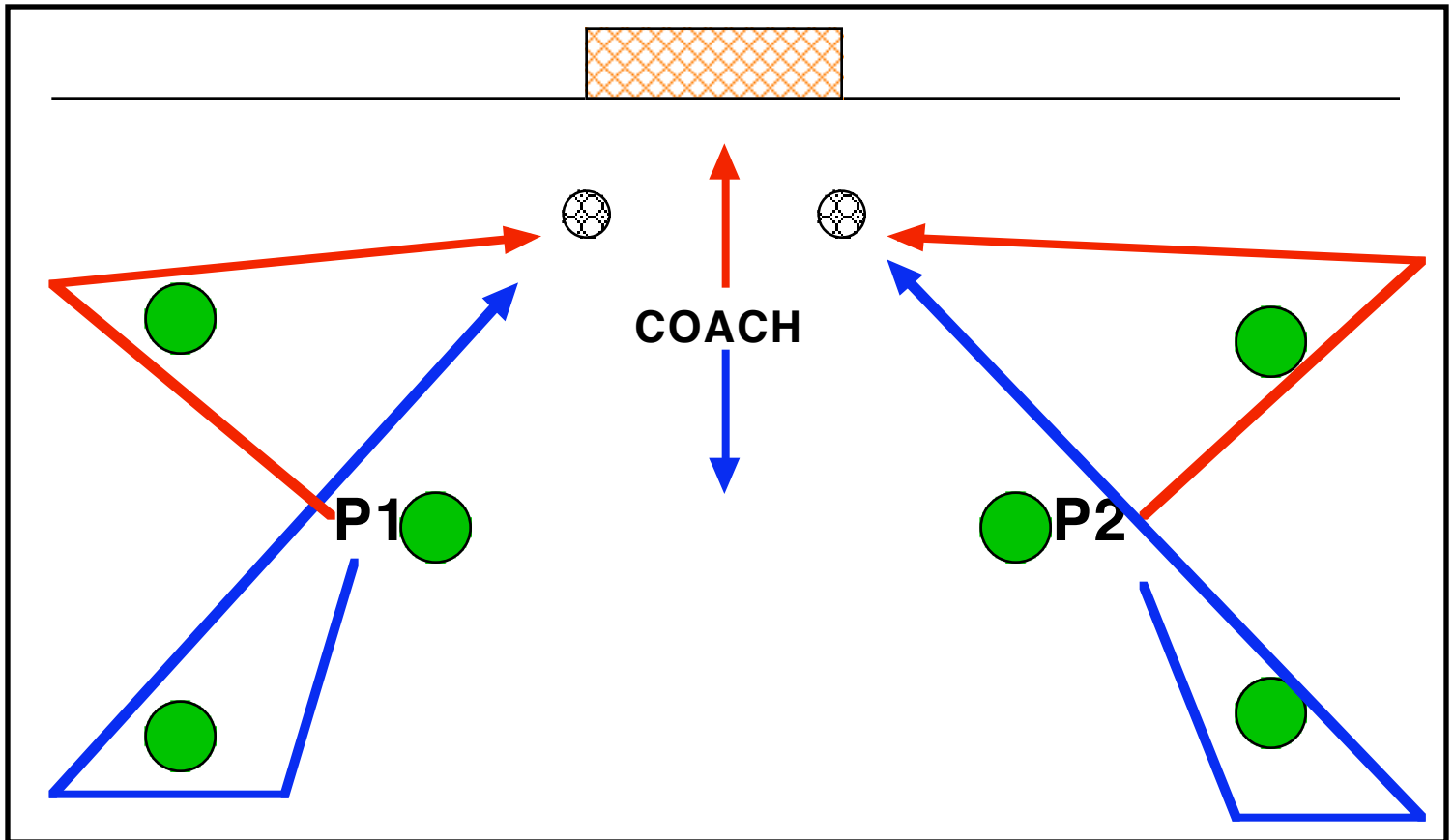


## SPEED, AGILITY & QUICKNESS Reactive Speed With A Ball



### "REACTIVE SPEED DRILL + FINISHING"

**Setup:** Cones should form 10-yard triangle

#### Drill:

- > Players line up along side middle cone
- > Coach initiates action by moving forward or backward
- > IF Coach moves forward (toward players), Players react with forward movement, sprinting around the cone closest to the goal, to their ball and end with a shot
- > IF Coach moves backward (toward the goal), Players react by turning, sprinting around the cone farthest from the goal and then inside the cone closest to the goal, to their ball and end with a shot

#### VARIATION

- > Opposite Reactive Movement: If Coach moves forward, players go backward; if Coach moves backward, players move forward