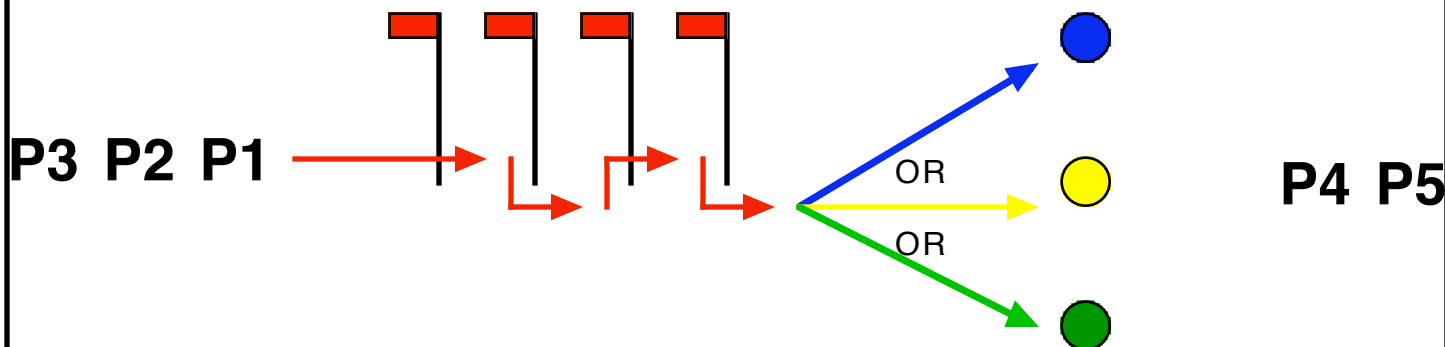


# SPEED, AGILITY & QUICKNESS



# Reaction Sprint



## SAQ DRILL: REACTION SPRINT

SETUP: Four (4) Flags (or upright cones) set in straight line, each flag about 1-2 yards apart. Three (3) different colored cones, set about 10 yards from last flag and about 5 yards apart (in above diagram the Blue Cone is 5 yards from Yellow Cone which is 5 yards from Green Cone).

PLAYERS: 4-6

SEQUENCE: Player 1 sprints & slaloms through Flags. As soon as Player 1 gets to last Flag, Player 4 shouts a color (Blue, Yellow or Green). Player 1 sprints at and over that colored cone. Player 4 then sprints to a place behind Player 3, while Player 1 lines up behind Player 5. Player 2 now continues the drill with Player 5 calling out a colored cone.