



React and Sprint

Age Group

U5 to U9



Stage of Session

Middle



Category

Dribbling



Duration

10 Minutes



Description

Set up three lines of cones of different colours. Coach calls out a colour and the players have to dribble to that colour and then back to centre.

Objectives

- Develops reaction time and speed
- Turning
- Controlling the ball
- Dribbling skills

Variations

- Call colour they have to run to that colour first and then the other colour and back.
- With teams, one team goes and the others hold the ball and stay on line. When the other comes back they form tunnel with legs and pass the ball through legs.
- With teams, one team goes to the colour called the other team, with ball in hands throws the ball at the crossing player.
- With teams, one team goes the way called, the other goes the other way (with or without the ball)
- One team dribbles with the ball to the colour and then to centre while other team without the ball goes to the colour called and then to the other colour. Who can get there fastest.
- One team dribbles their ball to the colour called then passes to the other team when they reach the line.

Further development

- Ask the players to try different types of turning and see which one they think is the quickest. Get different players to show different turning techniques. Drag back turn, inside, outside of foot.

Related Activities

- *Black and White* - One colour runs to the line. The other team, without the ball, tries to stop the players from reaching the line or tries to hit the player's ball with their ball. (DYFP '6. Black and white' p43)

Coaches notes

Remind them to use both feet. Ask players how they think they can speed up their run and turn.

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