



## WARM UP **REACTION** (5 min)



### **SKILLS:**

Agility, quickness, running

### **ORGANIZATION:**

Mark out 2 lines 50'-6-' apart

### **ACTIVITY:**

- players start on the line. On "GO", they react and run to the other line

### **VARIATION:**

- Vary the body positions at the start (i.e. all 4s, facing opposite direction, butt on ground, head touching ground, prone, supine, feet in opposite direction)

### **COACHES NOTES:**