



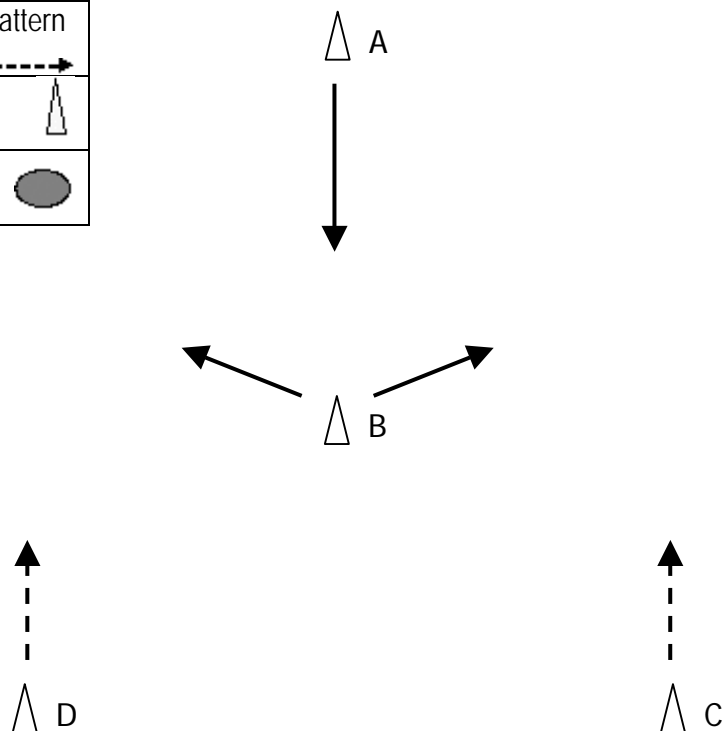


DRILL – REACTION DRILL 1

Ball Movement	
Running Pattern	
Cone	
Ball	



What It Is

This is a drill designed to develop your players' reaction and decision-making skills, fitness and shepherding.

How It Works

1. Player A handballs the ball to Player B and waits for him to dispose of the ball.
2. Player B then handballs off to either C or D and blocks/shepherds off Player A, who is now attempting to tackle the player with the ball.
3. The player who doesn't receive handball simply pushes back out of the contest.
4. Players then rotate after 20 seconds (or when the player with the ball is tackled).
5. To maximize fitness, minimize the rest periods between sets.

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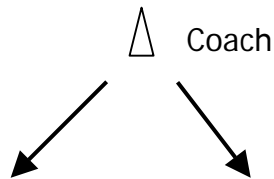
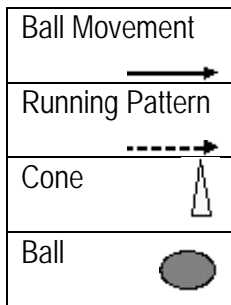
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DRILL – REACTION DRILL 2



What It Is

This drill is also designed to develop your players' reaction and decision-making skills, fitness and sheparding.

How It Works

1. Player D (or the coach) stands off the line and handballs to either A or C.
2. Player B must then block/shepard the Player without the ball, who is trying to tackle the Player with the ball.
3. This continues until Player D calls for the ball back and restarts the drill, or the Player with the ball is tackled.
4. Repeat the drill without rotation until Player B is exhausted, then rotate.

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