

DR3-201
AGILITY & REACTIONS

SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET

This warm-up drill is used to get your energy levels rising. You will be working your agility, fitness and foot work.

- 1** 5-10 yards
(Depending on your space and ability).
- 2** 5-10 yards
(Depending on your space and ability).



PHASE 1

REACT3 TIMER SETTING:

Beginner - 5 seconds / Medium - 3 seconds / Advanced - Active mode

- 1** Player1 is positioned on the black cone, awaiting the colour shown on React3.

COACHING POINTS

You should always be on your toes, ready for the colour to be shown. When turning around the coloured cone, be low to the ground and take lots of smaller steps.



PHASE 2

- 2** Immediately when the colour is shown, Player1 needs to sprint around the matching coloured cone and back to the starting point.



PHASE 3

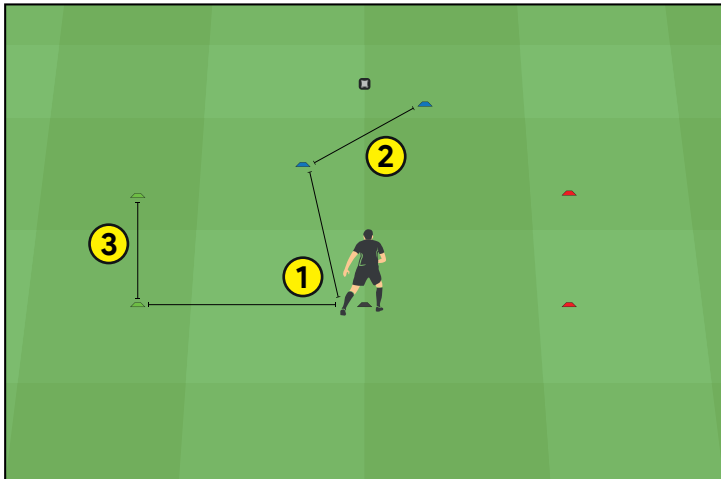
- 3** Player1 then is back at the black cone, awaiting the next colour to be shown. Complete 5 reps, then rest for 30 seconds.

Repeat for 5 sets for full warm up.

ADVANCED

You can advance this drill by shortening the time on React3. This will give you less time to get back before the next colour is shown. Which also decreases your rest time.

DR3-202
AGILITY & ACCELERATION



SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET

This drill will train your speed when turning, acceleration and agility. You will learn how to keep a low centre of gravity when turning which will allow you to move sharper and be more agile on the pitch.

- 1** 5-10 yards
(Depending on your space and ability).
- 2** 5-10 yards
(Depending on your space and ability).
- 3** 5-10 yards
(Depending on your space and ability).



PHASE 1

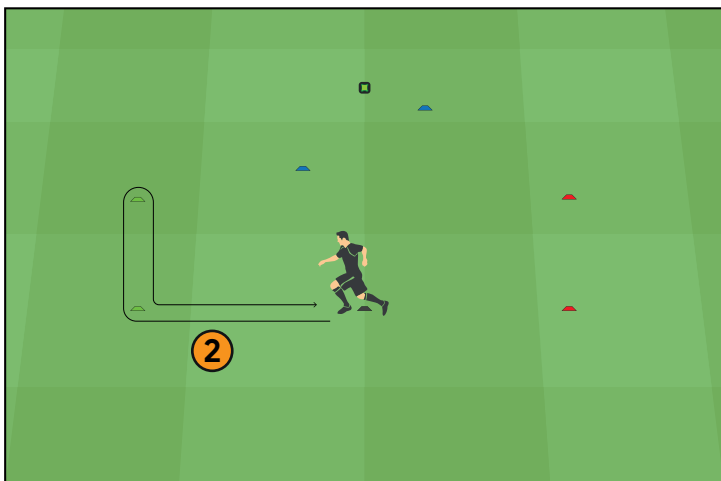
REACT3 TIMER SETTING:

Beginner - 10 seconds / Medium - 7 seconds / Advanced - 5 Seconds

- 1** Player1 is positioned on the black cone awaiting the colour shown on React3.

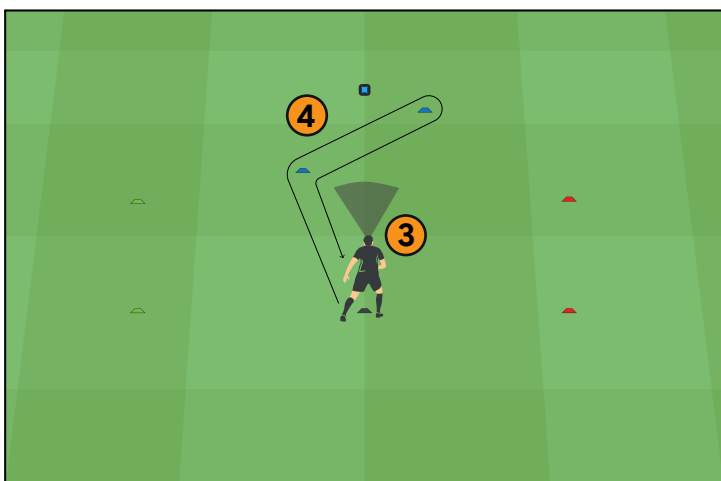
COACHING POINTS

You should always be on your toes, ready for the colour to be shown. When turning around the coloured cone, be low to the ground for a low centre of gravity.



PHASE 2

- 2** Immediately when the colour is shown, Player1 needs to sprint to the first matching coloured cone, then sprint to the next matching coloured cone and back.



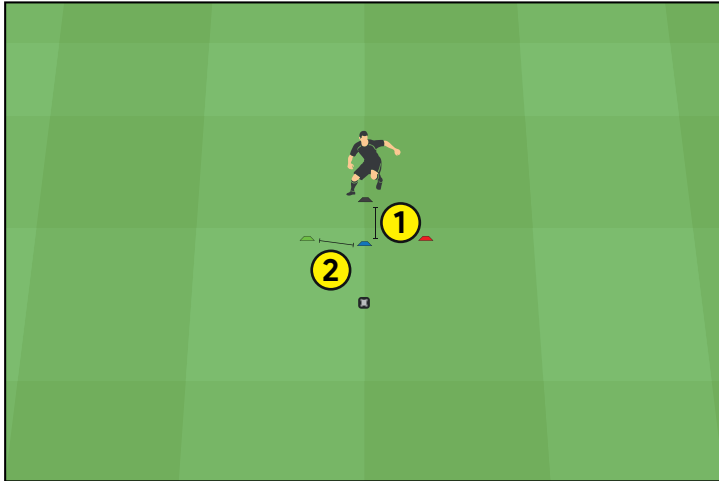
PHASE 3

- 3** Player1 then is back at the black cone, awaiting the next colour to be shown.
- 4** When the next colour is shown, Player 1 must sprint around the first coloured cone, then around the next cone and back.

Repeat for 5 sets for the full training drill.

ADVANCED

You can advance this drill by shortening the time on React3. This will give you less time to get back before the next colour is shown. Which also decreases your rest time.

DR3-203
FAST FEET & REACTIONS**SET UP****PLAYERS NEEDED:** INDIVIDUAL TRAINING**EQUIPMENT NEEDED:** REACT3 SET

This warm-up drill is used to increase your acceleration and reactions.

- ① 3-5 yards
(Depending on your space and ability).
- ② 3-5 yards
(Depending on your space and ability).

**PHASE 1****REACT3 TIMER SETTING:**

Beginner - 4 seconds / Medium - 3 seconds / Advanced - Active mode

- ① Player1 is positioned on the black cone, awaiting the colour shown on React3.

COACHING POINTS

You should always be on your toes, performing little quick feet steps and have a slight bend in your knees whilst waiting for the colour to be shown. This is so you are ready to react as quickly as possible.

**PHASE 2**

- ② Immediately when the colour is shown, Player1 must move to the matching coloured cone and back, before the next colour is shown.

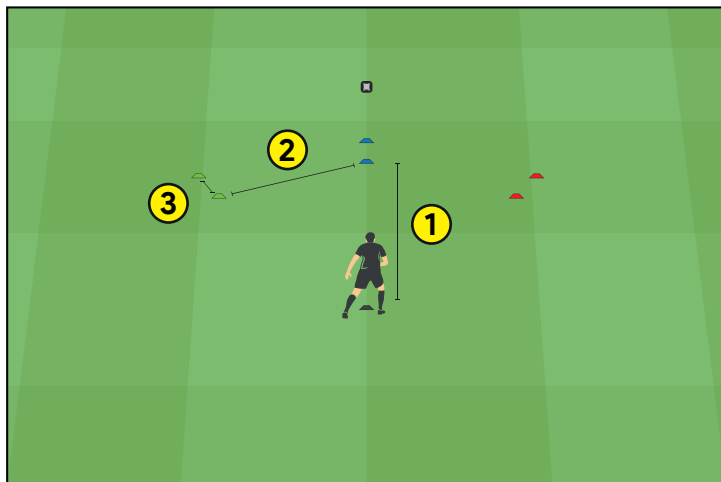
**PHASE 3**

- ③ Player1 then is back at the black cone, awaiting the next colour to be shown. Complete 5 reps, then rest for 20 seconds.

Repeat for 5 sets for full warm up.

ADVANCED

You can advance this drill by shortening the time on React3. This means you will have to have quicker reactions to get back before the next colour is shown.

DR3-204
AGILITY & FAST FEET

SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET

This warm-up drill is to increase your heart rate whilst working on your speed and footwork.

- 1** 5-10 yards
(Depending on your space and ability).
- 2** 5-10 yards
(Depending on your space and ability).
- 3** 2 yards



PHASE 1

REACT3 TIMER SETTING:

Beginner - 8 seconds / Medium - 6 seconds / Advanced - 4 seconds

- 1** Player1 is positioned on the black cone, awaiting the colour shown on React3.

COACHING POINTS

You should always be on your toes, ready for the colour to be shown. When turning around the coloured cone, be low to the ground and take lots of smaller steps.



PHASE 2

- 2** Immediately when the colour is shown, Player1 must sprint to the matching coloured cones.
- 3** Always looking forward. Player1 must perform a figure of 8 around the coloured cones.
- 4** Player1 must then turn and sprint back to the starting black cone.



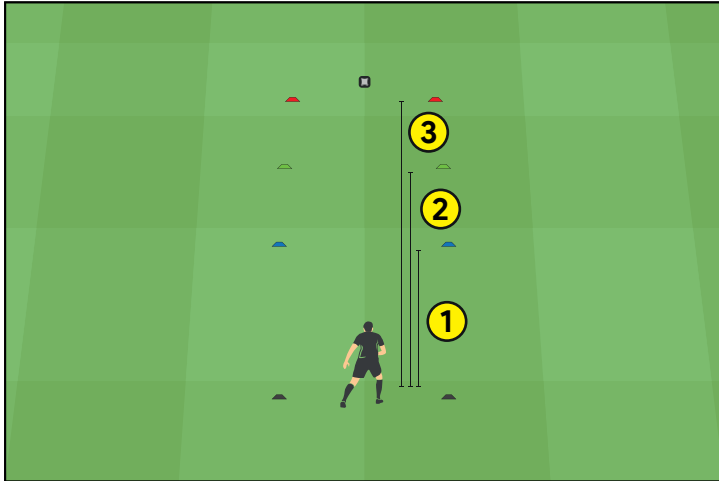
PHASE 3

- 5** Player1 then is back at the black cone, awaiting the next colour to be shown. Complete 5 reps, then rest for 30 seconds.

Repeat for 5 sets for full warm up.

ADVANCED

You can advance this drill by shortening the time on React3. This will give you less time to get back before the next colour is shown. Which also decreases your rest time.

DR3-205
AGILITY & ACCELERATION

SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET

This warm-up drill is to increase your heart rate whilst working on your speed and footwork.

- 1** 5 yards
(Depending on your space and ability).
- 2** 10 yards
(Depending on your space and ability).
- 3** 15 yards
(Depending on your space and ability).



PHASE 1

REACT3 TIMER SETTING:

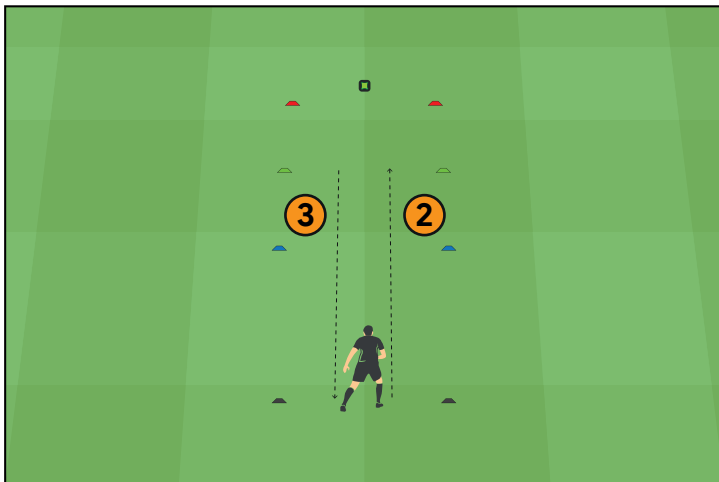
Beginner - 8 seconds / Medium - 6 seconds / Advanced - 4 seconds

- 1** Player1 is positioned on the black cone gate, awaiting the colour shown on React3.

COACHING POINTS

You should always be on your toes, ready for the colour to be shown. To have fast acceleration off a standing start, have your knees slight bent, be on your toes and have your strongest leg in front of the other, this is what will spring you forward.

Dependant on the colour shown, it will mean you get more or less rest time when back at the starting cone.



PHASE 2

- 2** Immediately when the colour is shown, Player1 must sprint to the matching coloured gate.
- 3** When Player1 reaches the gate, they must turn quickly and sprint back to the starting black gate. Before the next colour is shown.



PHASE 3

- 4** Player1 is then reset back at the black starting gate, ready for the next colour to be shown. Complete 5 reps, then rest for 30 seconds.

Repeat for 5 sets for full warm up.

ADVANCED

You can advance this drill by shortening the time on React3. This will give you less time to get back before the next colour is shown. Which also decreases your rest time.