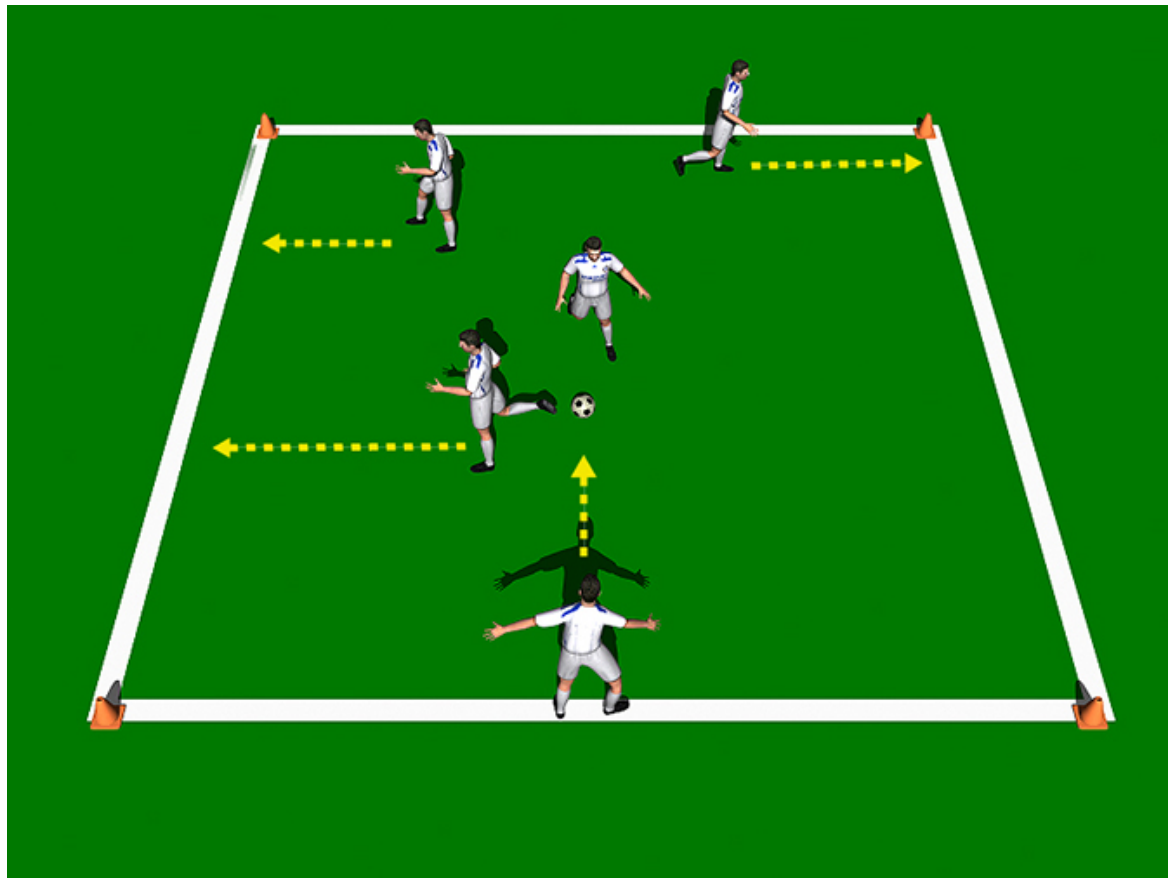


Numbers Sprint Drill



Exercise Objectives:

This is a fun sprint exercise designed to develop “quick reactions”. Players love this drill.

Coaching Pointers:

Divide your players into small groups and position them as in the video. One server with the ball, and the other players in a straight line, about 5 yards from the server. Each player is numbered 1-5 etc. When the server passes the ball he shouts a number. The player whose number is called passes the ball back and stays. The other players must sprint to the line and back. It's a race, first one back wins. Server changes numbers each time. Rotate the server often and vary the drill so the players volley the ball back or head the ball back.

Field Preparation:

Playing area approximately 10 yards by 20 yards.
Balls, cones.