

Fun Clap Reaction Game



Exercise Objectives:

This is a fun exercise you can incorporate into your warm up to help make it fun and upbeat.

Coaching Pointers:

Place all players in an area 10x10 yards. Have all the players facing the coach. In this fun exercise when the coach crosses his hands, all the players must immediately clap their hands.

The coach “fakes” to clap to try and catch some of the players out.

The exercise starts off slow at first but gets faster and faster. Players love this fun game, try it at your next practice.