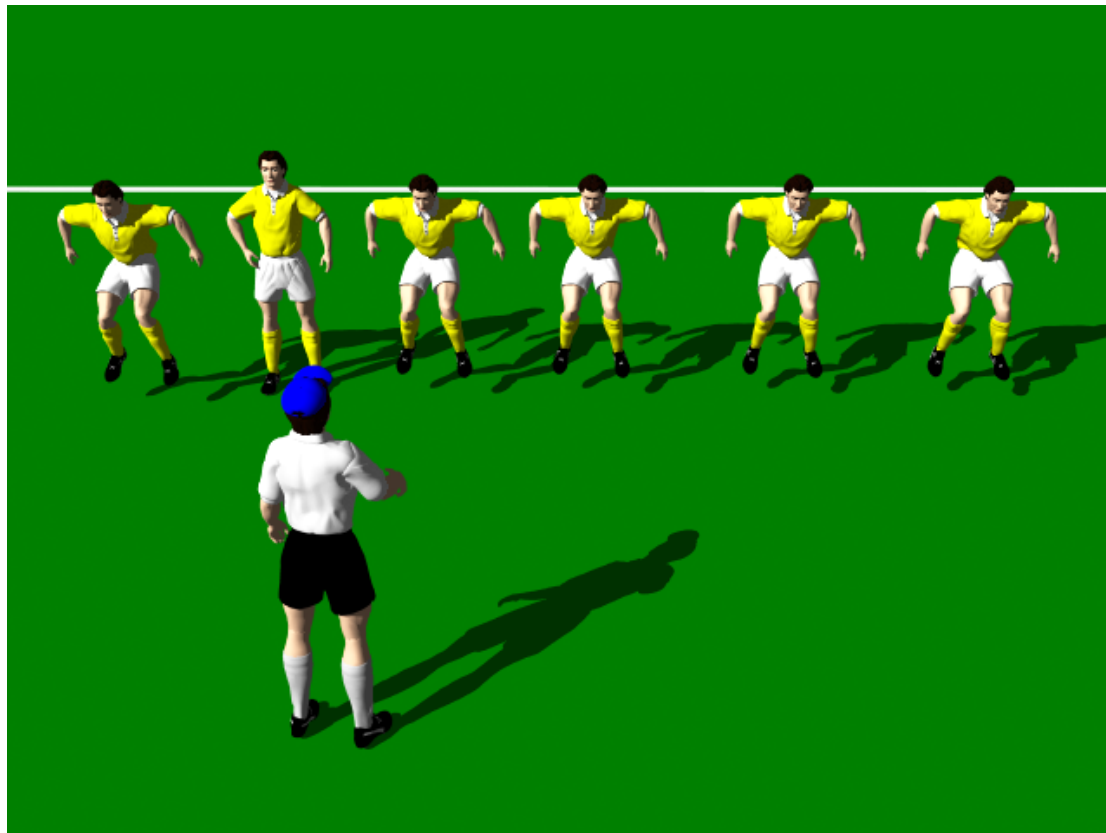


## Quick Thinking Drill



**Exercise Objectives:**

This is a fun exercise to develop quick thinking.

**Coaching Pointers:**

Have your players in a line facing you. On your command, the players jump forward, backward, right, left, up or down. Then the players must perform the "opposite" of what you shout.

Players who make a mistake must sprint a short distance. This quick exercise gets the practice off to a fun start.