



Agility: 1V1 Reaction Ball

Equipment:

Reaction ball, exercise mat x2.

Set-up:

Have the 2 players stand approximately 12 feet apart to begin game. Coach will referee decisions.

Description:

Game for 2 students. One student will start with the reaction ball and bounce a pass to the other student. It is the other student's ability to catch the ball without it getting by them. This is a test of reactions and agility.

Instructions:

The game begins with one student playing a soft bounce pass to their opponent. The student receiving the pass is trying to adjust in time to prevent the ball getting by them and catching it. That student will then return the ball with a bounce pass to the other student, who will try to prevent it getting past them. If one player is unable to prevent the ball getting past them, then the student that played the pass will score a point. Play until someone scores 3 points.

Scoring:

The most successful player will score 3, runner-up will score 4, if any other players are in group they score 5.

