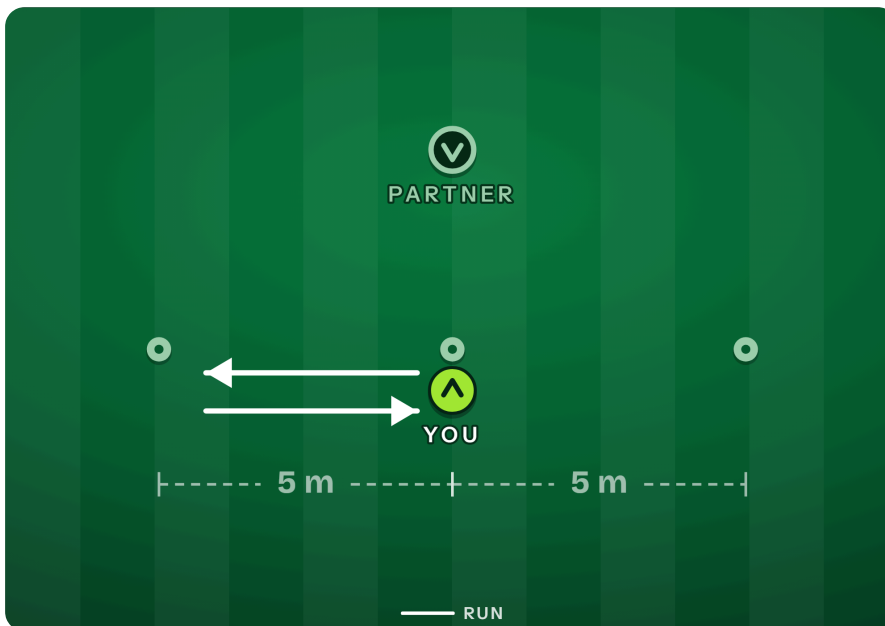




Set up

- Warm up first
- 3 cones in a line
- 5 m apart
- A partner facing you

Dose

- A few planned reps first
- 6-8 reacting, 30-45 s rest

10 minutes, 3 times a week, after the warm-up: about 2 minutes of ladder footwork, then mostly reactive games (the Football Reach plan target, not an FA rule). The rep and rest numbers are our own suggestion, not from a study.

What it trains

Reactive agility: changing direction fast when a partner gives the signal. A 2015 review found that planned cone turns and reacting to a signal are separate skills, that reactive tests tell higher and lower level players apart better, and that agility training should include a reactive element, so most of this drill is reacting.

How it works

- Warm up first, every time: the FIFA 11+ Kids warm-up for ages 7-13 (FIFA 11+ from 14, about 15-20 minutes) or your club warm-up. Then, if you like, do about 2 minutes of footwork on a flat ladder. Keep it short: a small trial in 12-year-olds found ladder training no better than normal training.
- Set 3 flat cones in a straight line, 5 m apart, on flat grass. Stand just behind the middle cone. Your partner stands about 4 m in front of you, facing you.
- Planned reps: pick an end cone, sprint to it, touch it with your hand and come back to the middle. Do 4 to 6 planned reps, alternating ends, with 1.5-2 min rest after each.
- Reactive reps: your partner waits a different time each rep, then points to an end cone. Go on the point, touch that cone and come back to the middle. About 5 s per rep. (The diagram shows one reactive rep: your partner points left, so you run to the left cone and back.)
- Do 6-8 reactive reps with 30-45 s rest between, then swap roles.

Coaching points

- Go on the point**
Watch your partner, not the cones, and move only when they point. Setting off early is a guess, and guessing is not the skill you are training.
- Touch the cone, push back**
Get low as you reach the cone, touch it with your hand, then push off hard back the way you came.

× **Not this:** Going before your partner points. It can look quick, but it is guessing, and the drill only trains reacting if you wait for the signal.

➤ HARDER

Your partner points again as you touch the first cone, so you may have to sprint 10 m to the far end and then back to the middle (a reactive 5-10-5). Or they call a colour instead of pointing (use coloured cones).

➤ EASIER

Jog the planned reps first, then react at three-quarter pace until the touch and push back feel clean.

🛡️ Safety

- Flat, dry grass or a track, with room to slow down past each end cone. Never on a road or a driveway.
- Your partner stands well in front of the cone line, never in your running lane.
- If you use a ladder, it must lie flat with no raised rungs.
- Under 16: if your knees or heels hurt when you run or jump, stop and tell an adult. Knee and heel pain is common while you are growing, and a GP or physio can help. 16 and over: if something hurts, stop rather than training through it, and get it checked by a GP or physio.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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