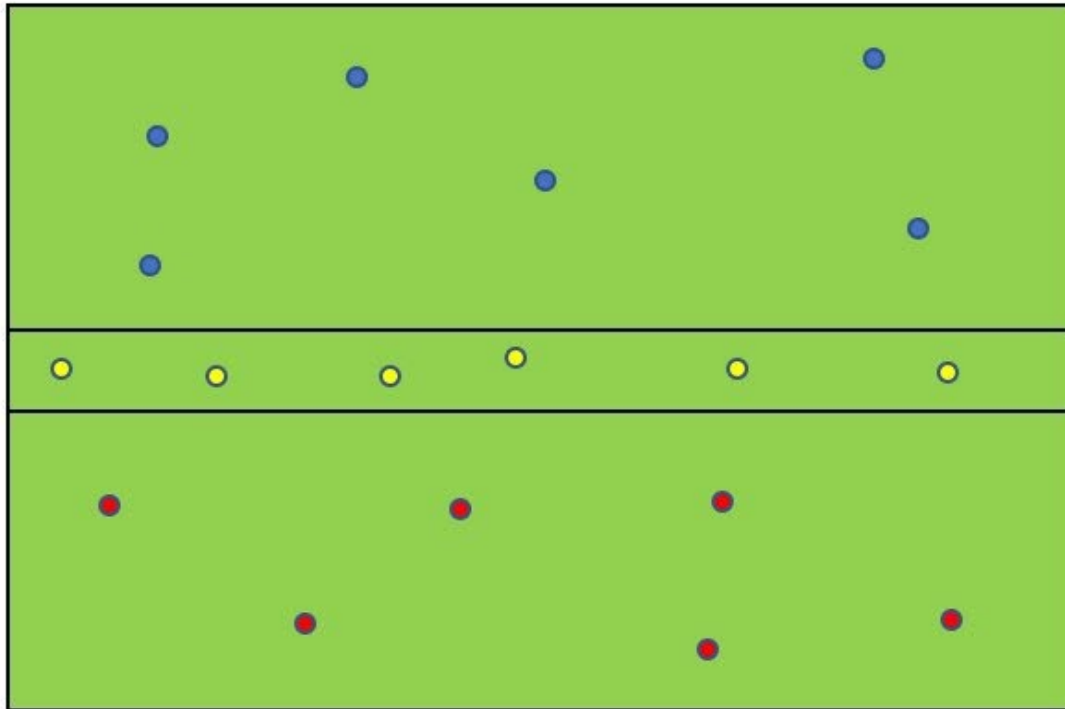


## Work rate reaction



- 3 teams, 6v6v6, blue, yellow and red
- The blue and red teams have a 1 ball between them and they pass around their area
- On the whistle the yellow (team in the middle zone) team sprint into one of the zones and try dispossess the team in possession.
- On the next whistle the yellows sprint together into the opposite zone and try dispossess the reds
- Every time the whistle goes, the team in the middle zone changes zone as quickly as they can together
- Alternate the team starting in the middle
- Promotes work rate, working together and decision making under pressure



