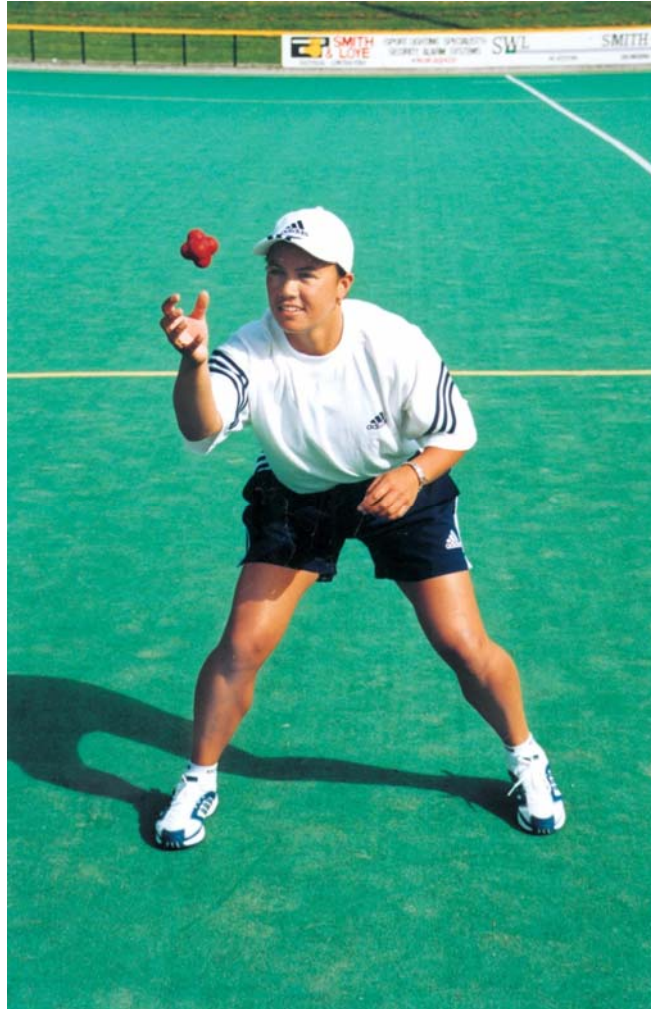


Reactionbal Games 1



Instruction Manual

The Reactionbal is a six-sided ball that is made up of a very durable rubber composit. It is safe to use on any surface but will work best on a firm surface and is not designed for use on grass. Reactive speed is the ability to respond quickly and get to a moving object with the hands or if out of reach using feet to get the body in the right place. This object is most often a ball and the ability to quickly respond to the path of ball is a crucial factor in many sports. The Reaction Ball has an irregular surface that causes it to bounce in unknown directions. The path of the ball is not known until it hits the ground, this challenges both hand and foot speed in a fun attempt to retrieve the ball. Try to stay in the "power" position at all times when using the reactionbal. This is on the balls of the feet in a half squat with a wide stance. Most of all have fun!!

1. Ball drop

Working in pair's position the players 4-5 steps apart. Player one holds the ball at head height and drops the ball. As soon as the ball is dropped player two sprints forward in an attempt to catch the ball on the first bounce. Player two will has to adjust, react, and respond to the bounce of the ball. Player two attempts 10 catches in a row returning to the starting cone immediately after retrieving the ball. Be sure that player one does not drop the ball until player 2 has returned to the starting point and is stationary. A point is awarded for each successful catch and a score out of 10 is awarded. Players then swap roles and repeat the exercise. This competitive aspect ensures that 10 explosive take offs are achieved at 100% effort. Adjust the distances between players if they are finding it too easy or too difficult to catch the ball. A player that is retrieving the ball easily should start a step further back and a player that is struggling to get near the ball should be moved closer.

2. Reverse partner drops

A progression on the ball drop is to start the person reacting to the ball with their back to their partner. On the command "go" the player pivots and attempts to retrieve the ball. To increase the difficulty further player one calls out left or right. Player two must pivot in the direction that is commanded.

3 4-Square

This is a simple game where players pat the ball on the first bounce around the square. This challenges foot speed, hand speed and reactions. The ball must stay in the square and no player may pat the ball twice in a row. Each time the ball bounces out of the square the team gains a point. The team scoring the least penalty points wins. Work in groups of 3-5.

4. Name Call and Catch

Again working in a square start with one player in the middle of the square and a player standing on each of the 4 cones. The middle player calls a players name and drops the ball; the player called out must sprint forward off their cone and catch the ball on the first bounce. If they do not do so they register a point. The player from the middle must move quickly to the cone that the named person was standing on. Continue the sequence. This drill works best with 5 players.

5. Throws

Partners face each other and throw the ball on the first bounce. Players use quick feet and fast hands to react to, and catch the ball. The closer the ball lands to the body the more difficult the exercise as the time to react is lessened. Stand between 3 and 15 m apart. This distance will dictate the response time and reaction pattern.

6. Wall reactions

Wall reactions target catching skills and hand speed. Player one stands 3-6 m away from the wall and must attempt the catch the ball as it bounces back off the wall. Player two stands 3-5 m behind player one and throws the ball at the wall. The thrower can control the angle and speed of the ball to dictate the height and speed of Player one completes 10 repetitions and registers a score that player two must attempt to better when the players swap positions. The difficulty of the exercise is somewhat determined by how far away the players stand from the wall. If a player is struggling to make many successful catches simply move them a step further back from the wall to give them more time to pick up the path of the ball.

Train hard and good luck



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