As they apply their skills
Body Management

Rapid Reactions

Being aware of a range of cues and being prepared to react as quickly as possible to those cues.

1. Adopt the 'Ready Position' in front of partner approximately an arms distance away



2. Partner roll ball between legs



3. Watch and listen carefully



4. As soon as the ball is seen chase after it and collect it

If you see...

Observation	Likely cause	Solution
Child moving too early	Anticipating, over anxious	Encourage them to identify what they are waiting to see or hear
Child reacts too slowly	Not in the 'Ready Position', not aware of the relevant cues	Encourage the ready position practise reacting to different cues
Child is unstable	Not maintaining strong core stability	Emphasise strong body position, Trap the Mouse

Opportunity to develop:

Coordination – Agility – Balance – Motor Skills – Concentration – Accuracy

Safety!

Ensure...

the area is free from objects

the surface is not slippery

As they apply their skills
Body Management

Rapid Reactions

Can you see...?

- the child start in the 'Ready Position'? ☐
- the child being aware/ alert? ☐
- the child react quickly as cues are observed? ☐
- the child chase and collect effectively? ☐

mostly x's

✓ and x

mostly ✓'s

- Practise Body Awareness activities to reinforce quick reactions

- Hold different shapes whilst waiting for the ball
- Use different balls moving in different directions

- Set targets for when the ball has to be collected/stopped by
- Face partner and react as quickly as possible to a ball being dropped, move in to collect after two bounces, one, bounce, no bounces, etc.



- Face away from partner listen for the sound of the bounce and then react as quickly as possible, eyes closed
- Use equipment so ball must be hit back with a racket
- Set up tasks to react to involving different cues
- Racing starts standing on a wobble spot

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