

## Change of Pace

**Emphasis:** Dribbling



**Set-up:**

30 x 30 yard grid. 12-18 players start with a ball each inside the grid.

**Objective:**

Each side of the grid is allocated a number – 1, 2, 3 or 4. Coach will shout commands that all players must follow. If coach shouts “1” all players must dribble to that side of the grid, if coach shouts “3” all players must dribble to that side of grid and so forth. Players must use all the surfaces of their feet to dribble as well as change direction on the coach’s command.

**Progressions:**

Encourage players to dribble as fast as possible by making it a race situation.

**Coaching Points:**

- Use as many surfaces of the foot as possible.
- Do not “kick” ball; push it out in front of you.
- Try to avoid collisions by keeping head up.