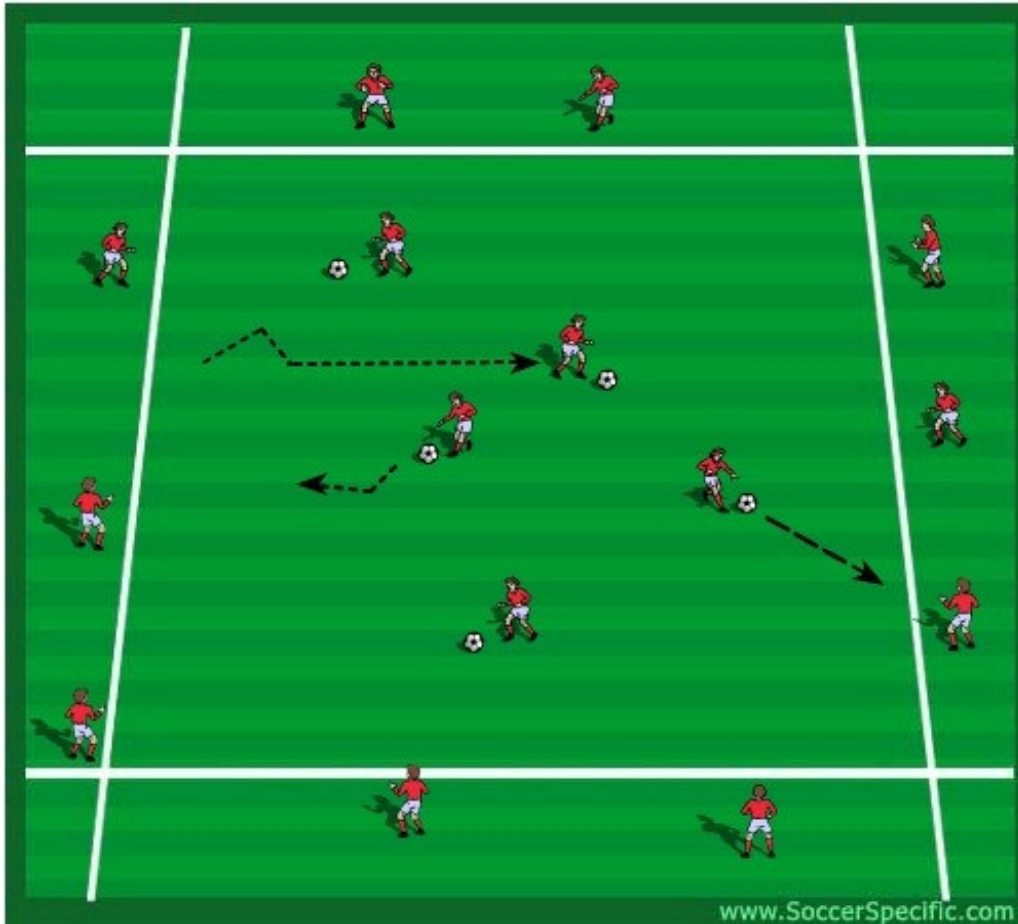


## Constant Changes

**Emphasis:** Warm-up, Dribbling, Passing and Moving.



**Set-up:**

30 x 30 yard grid. 15 players with 5 balls. Five players are inside the grid with one ball each. The remaining 10 players are positioned around the perimeter of the grid.

**Objective:**

The 5 players inside the grid dribble the ball across the grid before passing the ball to one of the outside players. The outside player then receives the ball before repeating the sequence.

**Progressions:**

1. Players must not run straight across the grid; they must perform a quick change of direction and speed.

**Coaching Points:**

- On receiving the ball players must take first touch in the direction they want to go.
- Keep eyes up to scan the field.
- Encourage changes of speed and direction.