

## Change of Pace II

**Emphasis:** Dribbling



**Set-up:**

20 x 20 yard grid. One ball for each player.

**Objective:**

Coach will use 3 commands: 1) first gear, 2) second gear, 3) switch. On command “first gear” players will dribble at 50% speed using all the surfaces of the feet. On command “second gear” players will dribble at full speed. On command “switch” players must dribble another players ball.

**Progressions:**

Last player to find a ball on the “switch” command must perform 5 jumping jacks.

**Coaching Points:**

- Push the ball out in front of you.
- Keep head and eyes up to avoid collisions.
- Maintain control even at high speeds.