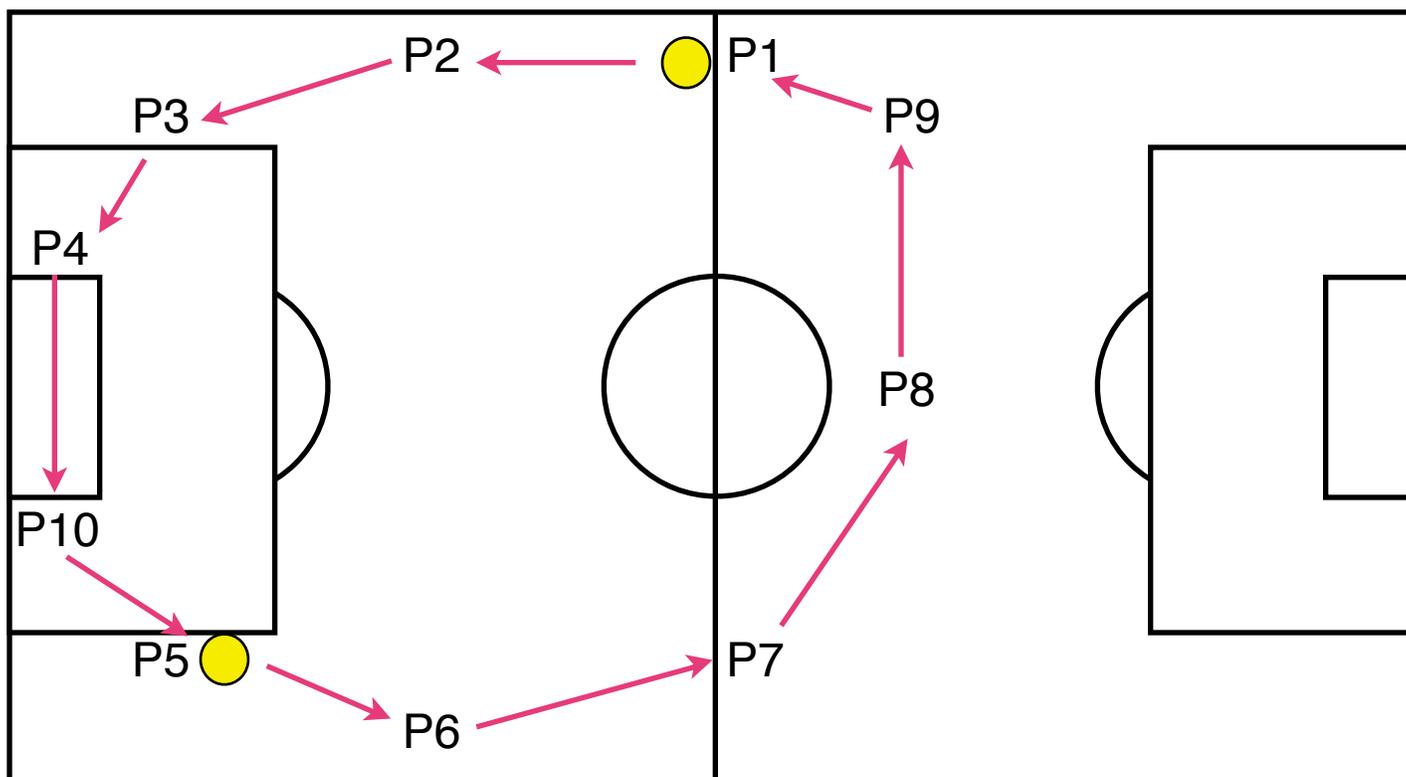


TECHNICAL FITNESS “SWITCHING THE FIELD”



GRID: Regulation Field

NUMBER OF PLAYERS: Minimum of 10

Players 1 & 5 each start with a ball and start the drill at the same time (Note: Must start with 2 players each at P1 and P5 positions)
PLAYERS pass and follow pass

PASSING SEQUENCE is counter-clockwise:

P1 > P2 > P3 > P4 > P10 > P5 while at same time P5 > P6 > P7 > P8 > P9 > P1

COACHING POINT:

- in passing in a counter-clockwise direction, the players should be passing and receiving with their right foot; thus the players should passing to the right foot of the next player

PROGRESSION:

Passing Direction switched to clockwise --

P1 > P9 to start

P5 > P10 to start

COACHING POINT:

- in passing in a clockwise direction, the players should be passing and receiving with their Left foot; thus the players should passing to the Left foot of the next player

VARIATIONS:

- IF 12 or more players, insert extra players between P2 & P3 & P5 & P6 or next to P4 & P8
- if 8-9 players, remove the P2 and P6 positions