CHANGE OF PACE

SET UP
Two players start on side line 3m apart, one with ball. Players run as fast as possible to the other side of the court and back while passing the ball to each other.

At least once in each direction, one of the players needs to stop with the ball and call ‘change’ their partner will change direction before they receive a pass and then the drill will continue in original direction.

COACHING POINTS
Call the change loudly.
No hesitation before calling.
Instant change up required.
Ensure the ball is moving fast both before and after call.
You can get them to go at full pace across and back before adding the change call.

SHUTTLEBALL WITH CHANGE

SET UP
Two lines start on opposite sides of the court. One player starts with ball and passes to 1st player of opposite line who is leading forward. This player passes to the 1st player from the next line who is leading forward and so on. After passing players clear out- non-ball side. When the ball is moving very quickly get the players to realize when they feel the need for the pace to slow. One player should make the next player have a change of direction by calling ‘CHANGE”. The players get the ball moving fast again.

COACHING POINTS
1 player every 5 or so passes should call’ change’.
Leads should be held until the thrower is looking at leader.
Ensure all players take a turn at calling the change of pace.
FULL COURT CHANGE OF PACE

**SET UP**
6-8 players start evenly spaced out over the court. The ball is passed up & down the court from circle to circle and back again. Not all players need to receive the ball, but every pass must have at least two options to pass to. Get the ball moving slick and fast. When needed a player will stop & call 'CHANGE' to initiate a change of pace. When called the next player will complete a change of direction before receiving ball. Then get the ball moving fast again.

**COACHING POINTS**
Players need to spread out and read the play and lead to space. With younger player you can assign some players to remain in their third while others can travel through to next third. Ensure change call is called by different players. Two leads for every pass. Leads should be definite and without hesitation. Pivot 1st & look down first but have wide vision so you know where the 2nd option is.

**PROGRESSION**
Add in a defender in each third at least.