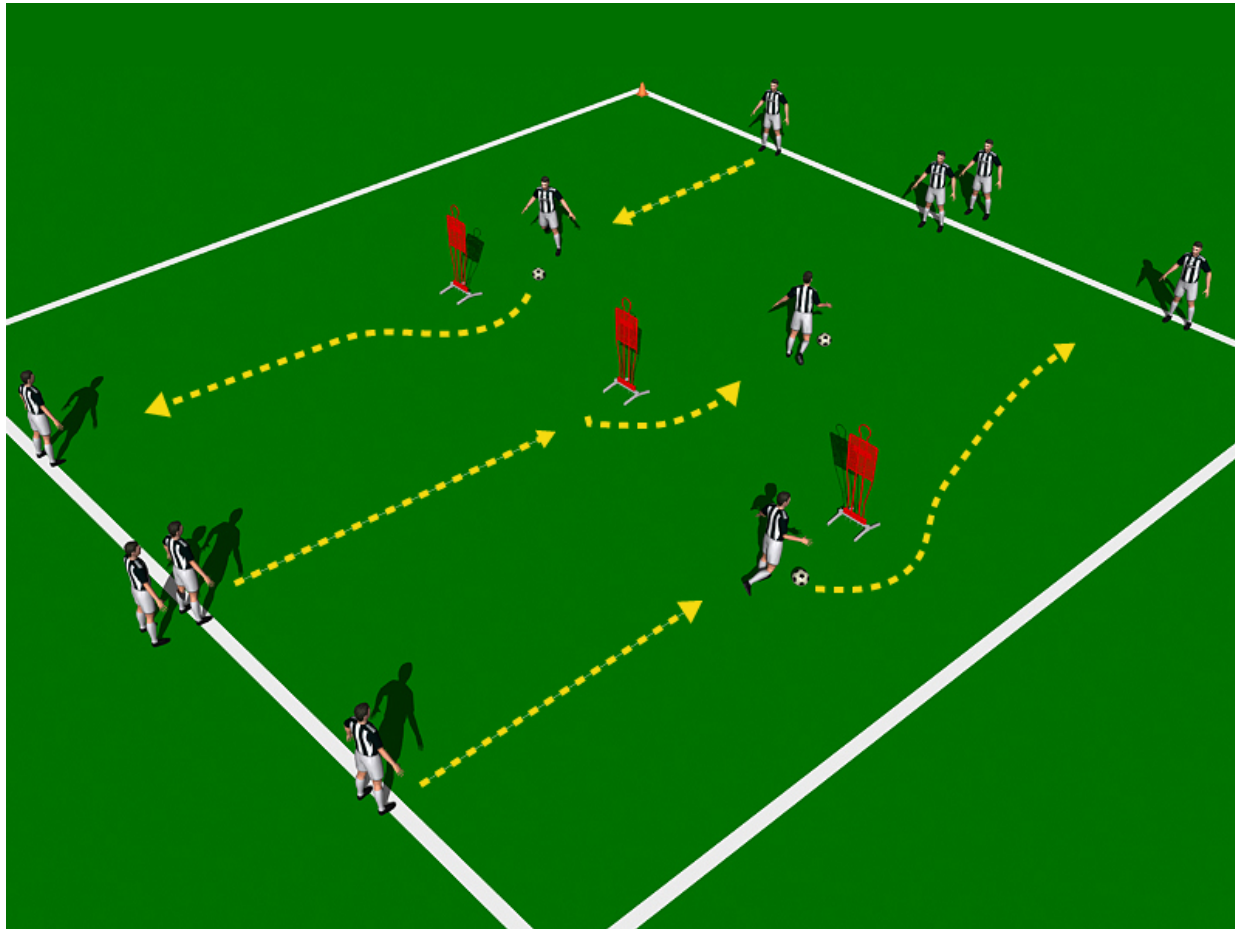


## Mannequin Change of Pace and Direction Drill



### Exercise Objectives:

This exercise focuses on developing change of pace and change of direction with the ball. It is a short exercise that can be incorporated into any warm up session.

### Coaching Pointers:

To start the exercise, divide your team into 2 groups and position them at opposite sides of the grid (see diagram above). The first player in each group runs at the mannequin and executes a body feint before acceleration into the space behind the mannequin. He continues to the opposite side. The drill is then repeated from the other side. All players rotate through the mannequins in a circular fashion.

### Focus on:

Realistic body feints, dip the shoulder  
Change of Speed  
Change of direction

### Field Preparation

- ★ Area approximately 30 x 20 yards.
- ★ Entire Group
- ★ Mannequins