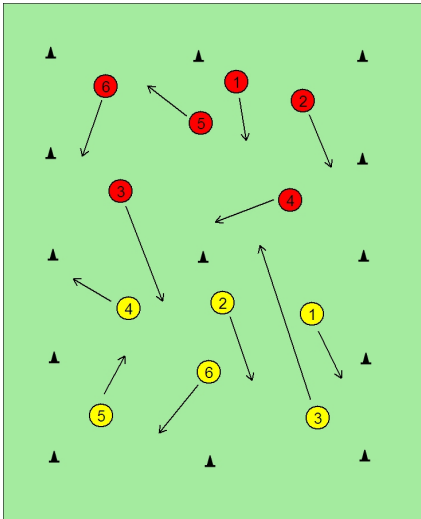




Switcheroo

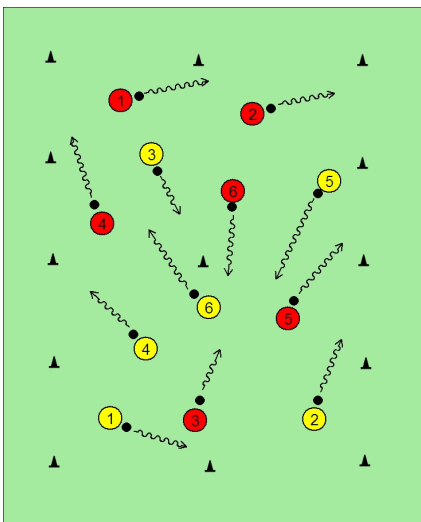


How it works

All players jog/run around inside their half of the playing area trying to stay in space.

Players on both sides are given the same numbers. The coach can call one or more numbers at any time and those players have to switch from one side of the playing area to the other.

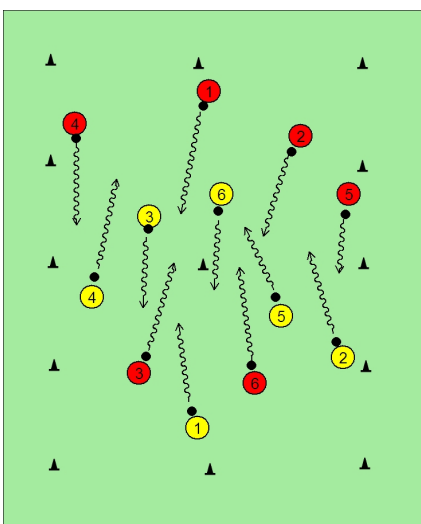
If the coach says 'All switch' then every player on both sides must cross over. If a whistle is blown then all players must stop exactly where they are at that time.



Players now dribble a ball around each half of the playing area.

The coach can call one or more numbers at any time and those players have to switch from one side of the playing area to the other. In this diagram the coach has called for 5 and 6 to switch.

If the coach says 'Six ball switch' then the players with that number leave their ball and run across to the other side to start dribbling the ball of the opposite number.



If the coach says 'All switch' then every player on both sides must cross over whilst dribbling their ball. If a whistle is blown then all players must stop exactly where they are at that time with their foot on top of the ball.

If the coach says 'All ball switch' then all players leave their ball and run across to the other side to start dribbling another ball.

Possible changes

Give pairs the names of soccer teams instead of numbers.