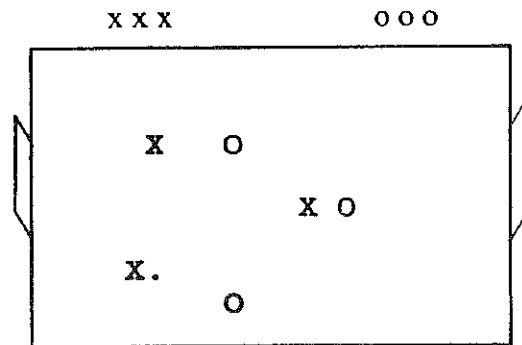


GAME 15: ALL CHANGE



OBJECTIVE: To improve all aspects of team play, alertness and reaction in a fun game.

ORGANIZATION: Two teams of 4 to 6 players each. Half the players from each team are playing in the grid. The other half are sitting on the side line. Whenever the coach shouts 'change', all the players inside switch with their teammates outside on the fly without any stoppage in play. The coach should make frequent calls for change to keep everyone on their toes.

VARIATION: The players outside must wait in a specific pose or position, i.e. lie on their backs, lie on their bellies, on hands and knees facing away from field, etc...