

## **Middle Man SWITCH**

Make a large circle with 6 cones. Have 6 players stand by a cone without a ball.

Have two players stand inside the circle with a ball.

The two middle players will dribble around the inside of the circle and call to a teammates before passing them the ball. That teammate who receives the ball will then become the new middle player and dribble the ball into the circle. The other player will stand by the cone. Change out the middle player every few minutes.

Coaches point:

Make sure the players pass with the ball on the ground straight the their teammate. This way the middle player can quickly receive the ball and pass it back.

