

# FLYING CHANGES

**Organization:** Divide the players into two teams. Split each of those teams between each post with the balls on the right post of each goal.

**Structure:** Goals are 20 yards apart with goalkeepers.

**Procedures:** The X team starts by attacking the other goal 2v1 defender. The play is over if the defender wins the ball or the ball is saved by the goalkeeper or is out of play. As soon as the play ends then the other team starts an attack with two new players. If you shoot then you go and retrieve your shot and go to the end of the line. The other attacker stays and defends the next two attackers. After you defend then you go back to the end of the line.

