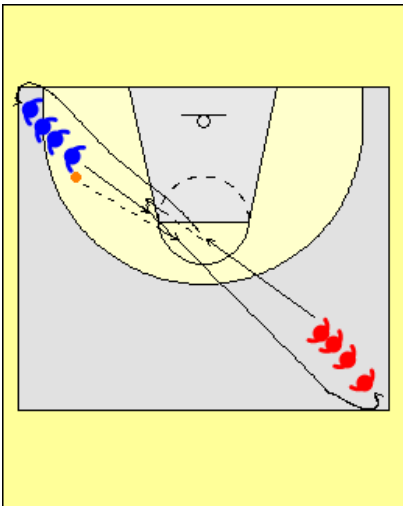


## Change of pace

For younger athletes it is important that they learn how to play the game at different speeds. They generally play at one pace. Coaches can use drills that reflect varying speed. Coach Carly Clarke, of UPEI, uses a drill called 20 /20/20. The players walk for 20 seconds, jog for 20 seconds and then sprint for 20 seconds. You would then build in a number of sets and reps. This is a good conditioning drill for players in the T2T and T2C stages, but for players at the L2T stage it may be too taxing. We can use the same concept of change of pace in different drills.

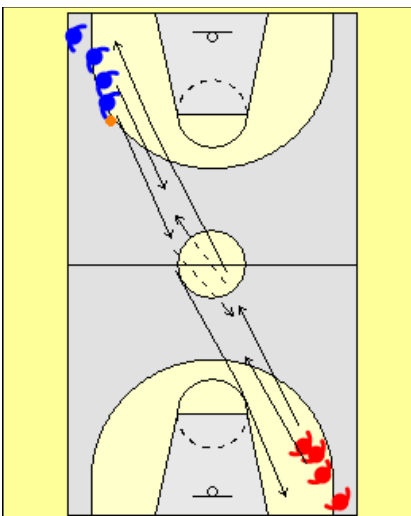


### Single Exchange

Players line up in two groups diagonally opposite each other. With one ball the players WALK towards to each other making 20 passes. After the 20<sup>th</sup> pass they now JOG for 20 passes. After the 20<sup>th</sup> jogging pass they now SPRINT for 20 passes.

This type of activity will help them learn to communicate with each other, and focus on the actual change of pace. They will need to solve the problems of spacing and type of pace as the speed changes.

Moving a skill from a slow deliberate pace, usually during the initiation stage of learning, to a jogging pace (acquisition stage) and finally to a springing speed (consolidation stage) is a crucial concept for athletes to learn.



The same drill can also be done in the full court.

Choose a drill and apply the 20/20/20. It is a great activity to help players learn a change of pace.

I suggest you do this with a skill such as lay ups. They need to see that a walking and jogging lay up is not applicable to the game.