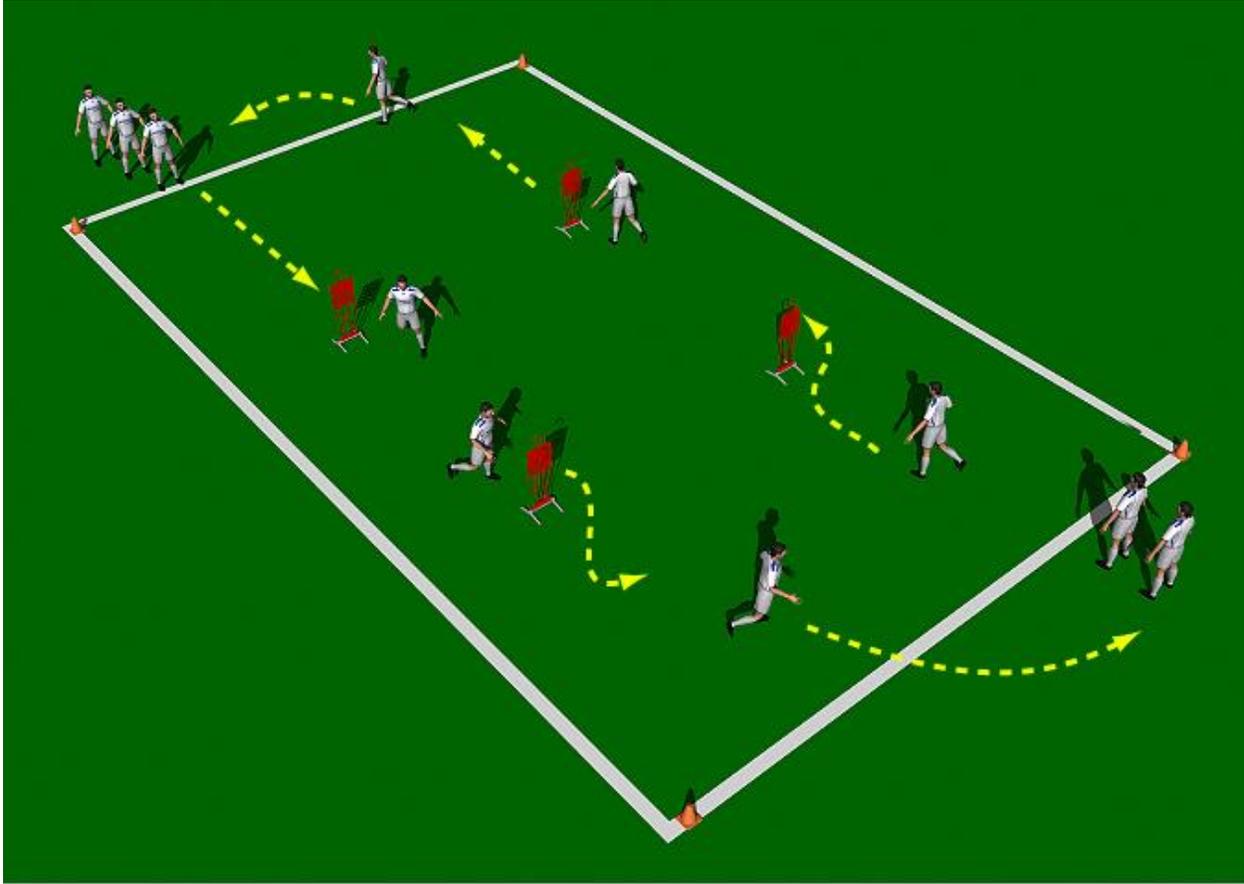


## Mannequin Sprints



### Exercise Objectives:

This exercise focuses on change of pace, change of direction and body feints. It is a short exercise that can be incorporated into any warm up session.

### Coaching Pointers:

To start the exercise, divide your team into 2 groups and position them at opposite sides of the grid (see diagram above). The first player in each group runs at the first mannequin and executes a body feint before acceleration into the space behind the mannequin. He repeats at the next mannequin. All players rotate through the mannequins in a circular fashion.

### Focus on:

Realistic body feints, dip the shoulder  
Change of Speed  
Change of direction

### Field Preparation:

Entire Group  
Mannequins

Go to [SoccerClinics.com](http://SoccerClinics.com) The World's Largest Coaching Website!

Copyright Ready2Coach.com