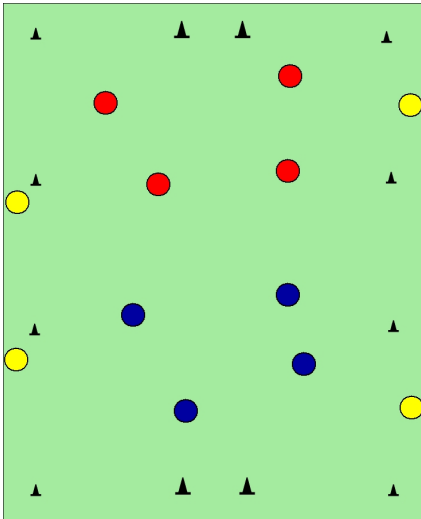




### Quick change



#### How it works

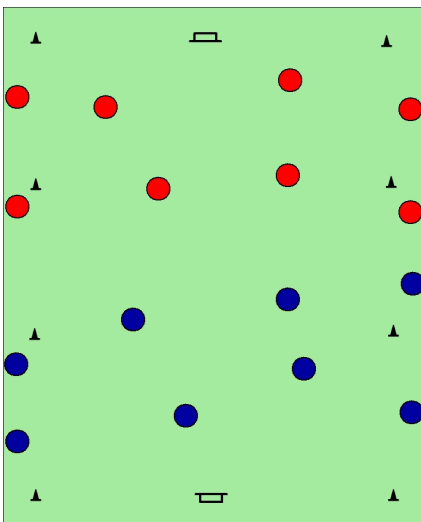
Red and blue teams play a 4 v 4 game within the playing area whilst a third yellow team wait ready, just off the pitch.

At any time the coach can call a colour and that team has to leave the field of play immediately to be replaced by the team that is off the field.

The team coming on has to organise themselves quickly to defend or gain possession of the ball before the team still on the field can take advantage and score.

The team which scores the most goals whilst on the field of play wins the game.

No goalkeepers are allowed.



#### Possible changes

Play 4 v 4 but each colour has two teams, one on the field of play and one at the side.

When the coach shouts change, the two halves of the team have to swap on and off the field immediately.

Teams coming on have to react quickly to the situation whether they gain possession to attack or have to defend.