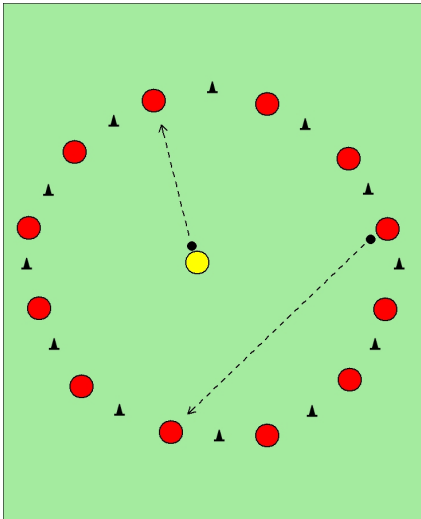




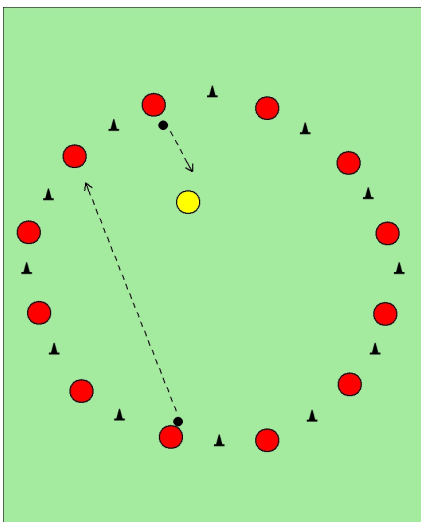
One-two and three



How it works

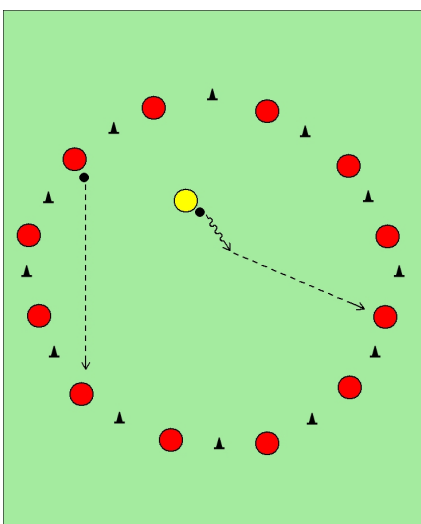
The yellow player in the centre of the circle starts by passing the ball to any red player around the outside of the circular playing area.

At the same time, a red player with a ball on the outside of the circle passes to any other available red player.



The yellow player then follows their pass to receive the ball back from the red player on the outside of the circle.

The other red player continues to pass the ball to another player around the edge of the playing area.



This continues with one ball being passed just between the outer players while the other ball is passed back into the middle player and then to the outside.

Challenge the group to continue this sequence for 1/2 minutes without any errors.

Swap the yellow player after a few attempts or when an outer player makes a mistake.

Possible changes

Add another yellow player into the middle of the circle or an extra ball passed around the outside, or both, dependent on ability.