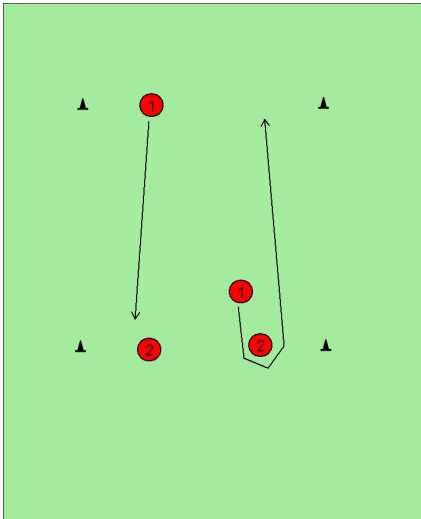




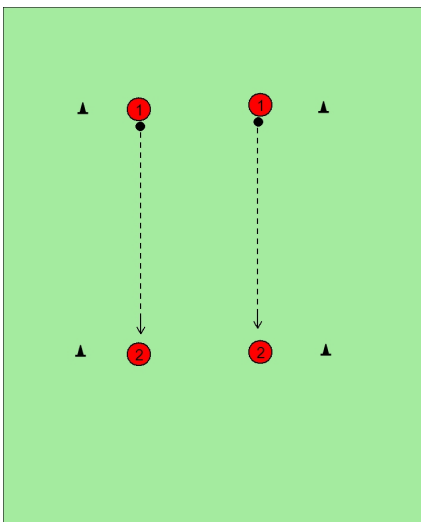
Round and round we go



How it works

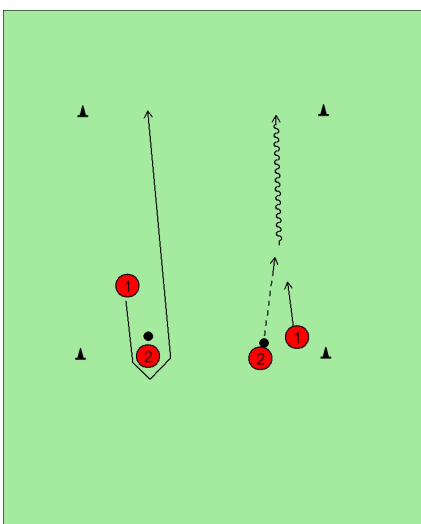
Players 1 and 2 stand opposite each other at either side of a grid. Have two pairs in each grid to create some competition.

Player 1 begins by running across the grid to Player 2, running around them and then back to their starting position. Player 2 then does the same and this is repeated for several turns or for 1/2 minutes.



In the following diagrams two developments of this drill are shown side by side.

Both versions begin in the same way with a pass from Player 1 across the grid to Player 2. Player 1s then follow the pass to run around Player 2.



On the left Player 1 runs around Player 2 and gets back to their side of the grid. Player 2 then passes across to Player 1 for them to repeat the same sequence.

In the second version Player 2 has just run around Player 1. As they run back towards their side of the grid Player 2 passes just in front of them to dribble on to the end. Player 1 then passes across to Player 2 for them to repeat the same.

Challenge the players to keep this passing sequence going with no errors for 30 seconds/1 minute. Which pair can keep going the longest without an error?