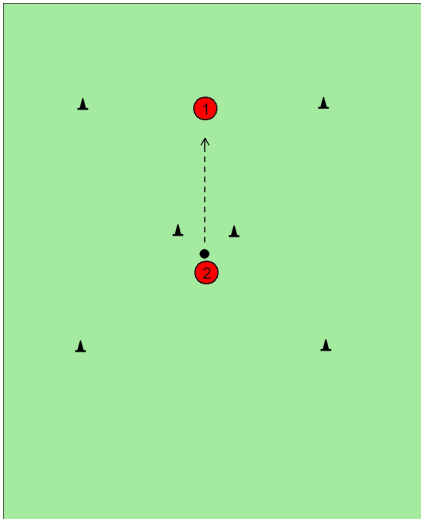




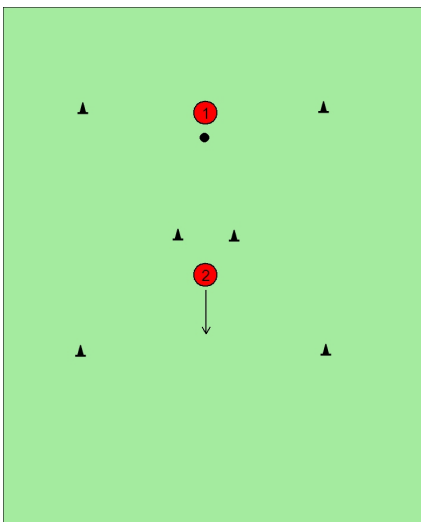
Eye of the needle 2



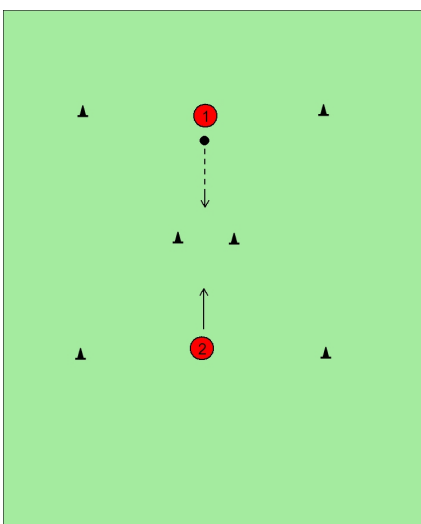
How it works

Players 1 and 2 stand opposite each other.

Player 2 passes the ball to Player 1.



Player 1 controls the ball whilst Player 2 runs to the end of the grid, turns and runs back towards the cone gate.



As Player 2 runs towards the middle, Player 1 times the pass to get to them just as they arrive at the cone gate.

Player 2 can take a touch or pass the ball first time. The challenge is to complete 5 -10 passes without mistakes.

Then swap player roles and repeat.

Possible changes

Player 1 picks up the ball and feeds in the air for a side-foot volley, header or control and pass from Player 2.

Players could run backwards to the edge of the grid and then forwards to the gate.