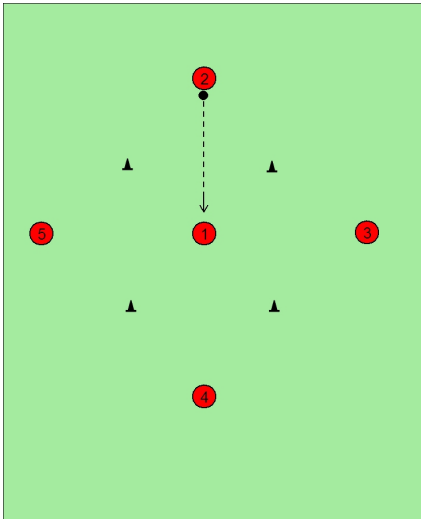




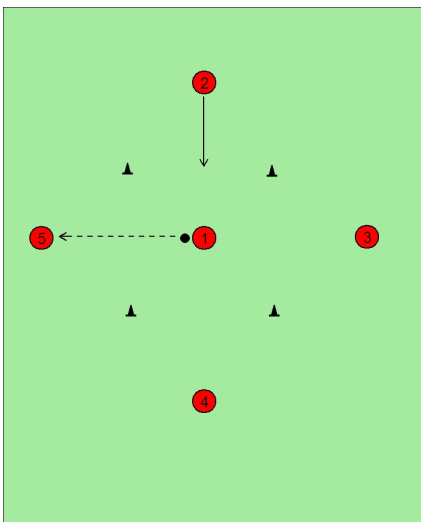
Pass and follow



How it works

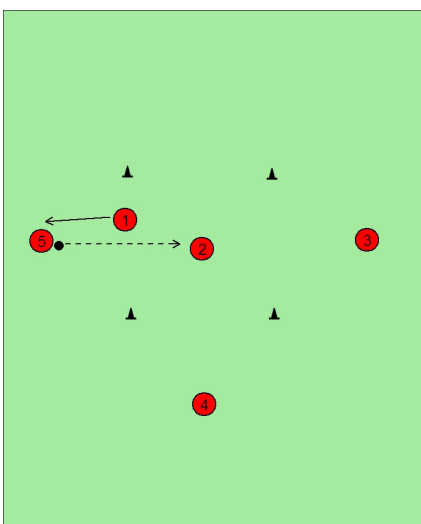
One player stands in the grid with four more players standing around the outside, one having a ball.

Player 2 passes the ball into the grid to Player 1.



Player 2 follows their pass and takes up a position in the middle of the grid.

Player 1 turns and passes the ball out to any of the other players around the grid, in this case Player 5.



Player 5 passes the ball to Player 2 who must turn and pass the ball out of the grid to either Player 3 or 4.

The drill continues with this repeated passing and moving sequence.

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

Possible changes

Players could start by just dribbling the ball in this sequence to get used to the movement required. Then the player in the centre could dribble the ball out of the grid to stop it for the next player to make the pass back in. Continue this dribble out and pass in sequence.