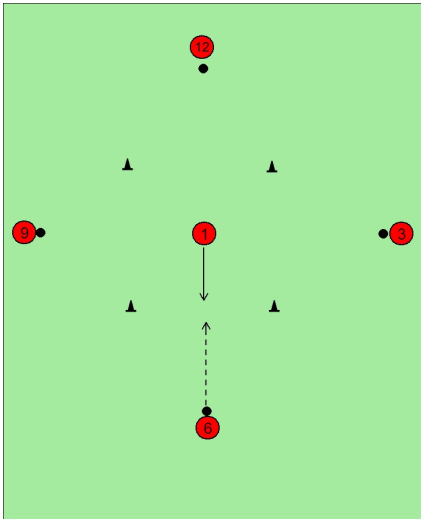




Clock passing



How it works

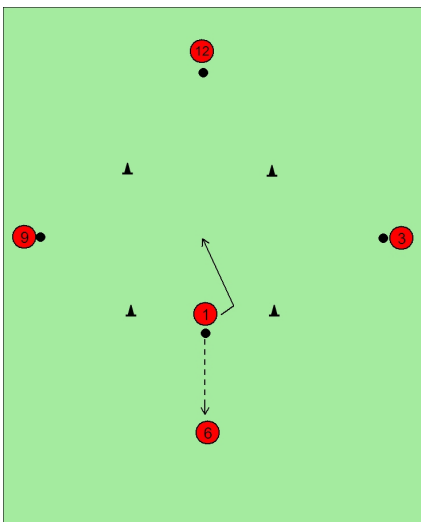
One player stands in the grid with four more players standing around the outside, each having a ball.

Players on the outside of the grid are given the numbers corresponding to quarter hours of the clock - 3, 6, 9 and 12.

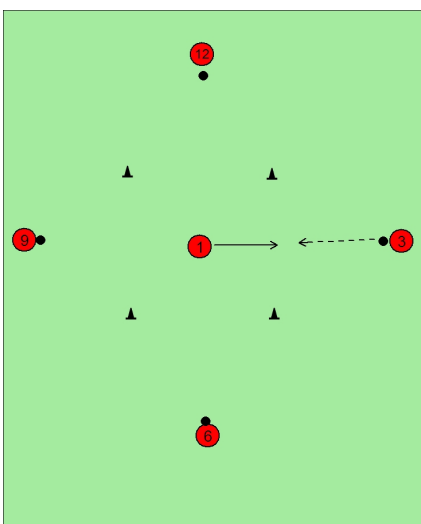
Player 1 has to call out the numbers of the other players.

In this diagram Player 1 has called the number 6. Player 1 makes a run towards that player up to the edge of the grid.

Player 6 then passes the ball to Player 1



Player 1 passes back to Player 6 and returns to the centre of the grid.



Player 1 calls another number, in this case 3. Player 1 makes a run towards that player up to the edge of the grid. Player 3 then passes the ball to Player 1 who plays it back and returns to the centre of the grid. The drill continues with this repeated passing and moving sequence. Challenge the players to keep this passing sequence going with no errors for 30 seconds/1 minute. Which group can keep going the longest without an error?

Possible changes

The coach or an outside player calls the numbers. Use North, South, East and West or numbers 1 - 4 if you prefer.

First touch passing only.

Play in a circle with all or most of the hours of the clock and two, or even three, players in the middle calling their own times.