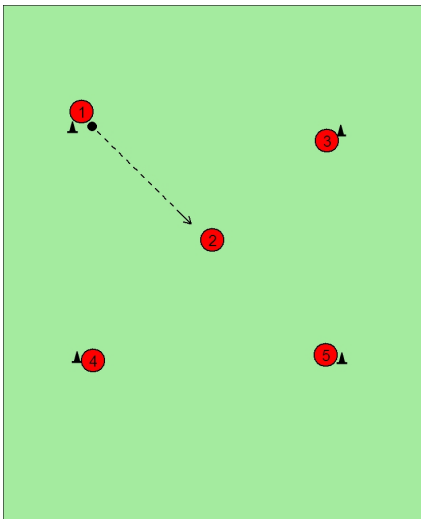




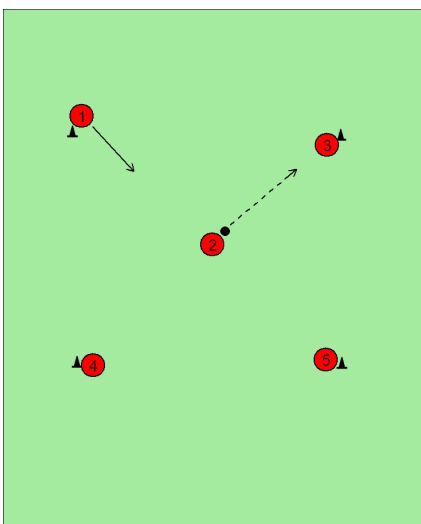
Middle mover



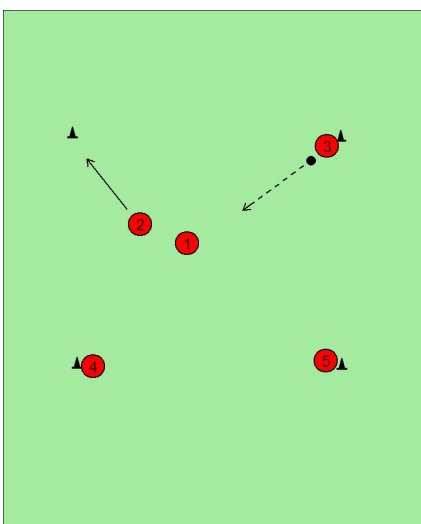
How it works

Four players stand by a cone in each corner of the grid, one with a ball, with another player standing in the middle.

Player 1 passes the ball to the middle player.



Player 1 then follows their pass to the middle whilst Player 2 turns and passes to any other player at the corner of a grid.



Player 3 then passes the ball to Player 1 who is now in the middle of the grid. Player 2 fills the space in the empty corner of the grid.

Player 3 then follows their pass to the middle whilst Player 1 turns and passes to any other player at the corner of the grid. Player 1 then fills the space in the empty corner of the grid.

Challenge the players to keep going for a set amount of time without errors or how quickly they can make 20/30 passes.

Possible changes

Get the players to dribble and stop the ball first to get used to the pattern of movement.