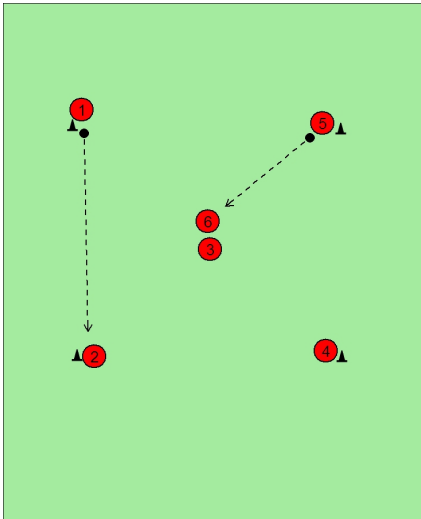




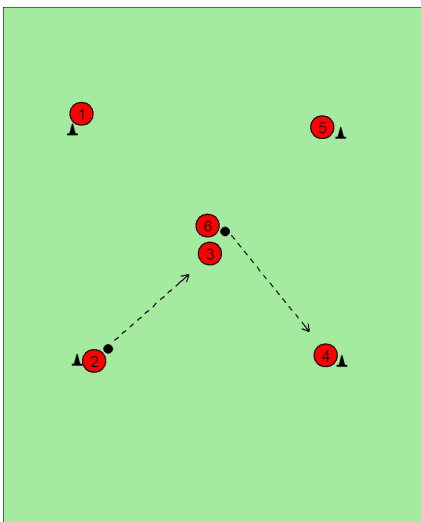
Middle pair



How it works

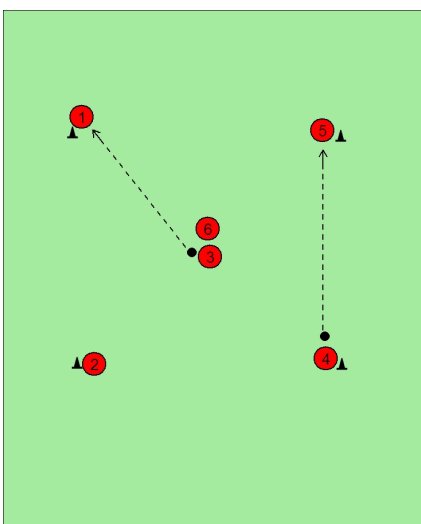
Four players stand by a cone in each corner of the grid, two with a ball, with another two players standing in the middle.

Players can pass the ball to any other player who is available to receive the ball.



The middle players are not allowed to pass to each other but any other passes are allowed.

Challenge the group to continue for 1/2 minutes without an error or time how long it takes for the group to complete 20/30 passes.



Possible changes

Use one ball first to familiarise players with the drill.

First time passing only.

Get the players to follow their passes with two balls going if you really want a challenge!