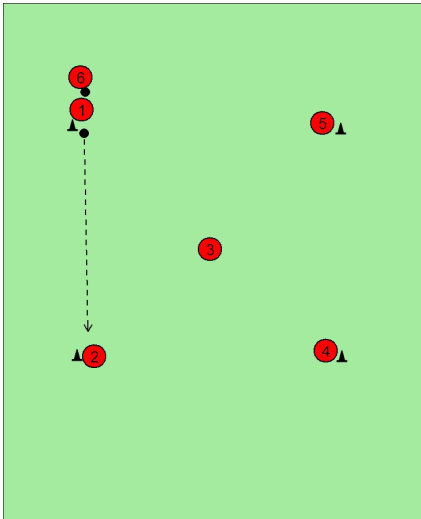




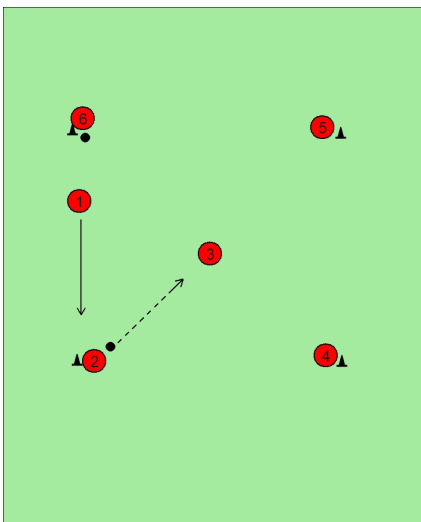
**W passing**



How it works

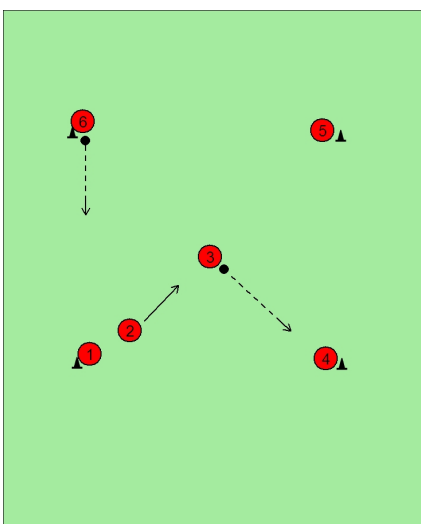
Five players stand by a cone in each corner of the grid, one with a ball, with another player standing in the middle.

Player 1 passes the ball to Player 2 and then follows the pass.



Player 2 has one touch to control the ball and then passes to Player 3 in the middle of the grid.

Player 2 follows their pass.



Player 3 has one touch to control the ball and then passes to Player 4. Player 3 then follows their pass. As soon as Player 1 has reached the cone, Player 6 can start another ball. Players continue to pass and follow until the ball gets to Player 5 who dribbles the ball across to the starting point ready to pass. Challenge the group to continue for 1/2 minutes without an error or time how long it takes for all the group to get back to their starting positions and then try to beat it.

Possible changes

Dribble with the ball first to get used to the pattern of movement.

First time passing only.

Just use one ball and have Player 5 pass to Player 6 to start the sequence of pass and follow again.