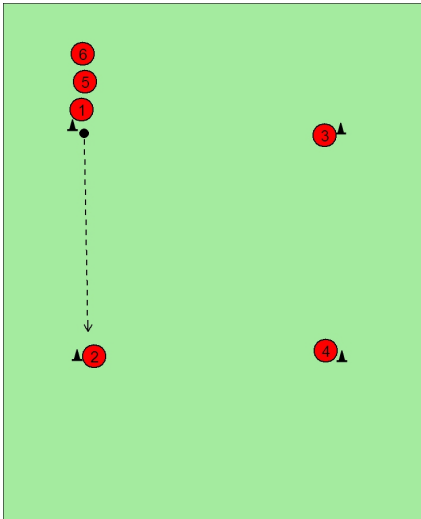




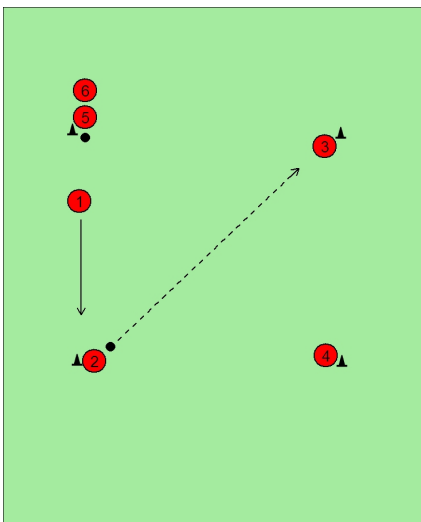
Criss cross



How it works

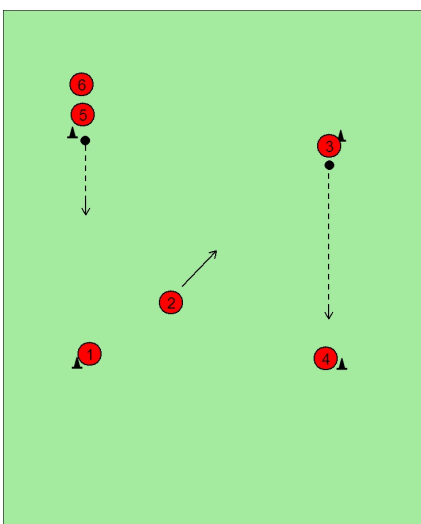
Four players stand by a cone in each corner of the grid, one with a ball, with other players standing behind Player 1.

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 diagonally across the grid to Player 3.

Player 2 follows their pass.



Player 3 has one touch to control the ball and then passes to Player 4. Player 3 follows their pass. As soon as Player 1 has reached the cone, Player 5 can start another ball. Player 4 has one touch to control and pass the ball diagonally across the grid to Player 6.

Players continue to pass and follow in this sequence. Take care to time passes and runs diagonally across the grid. 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.