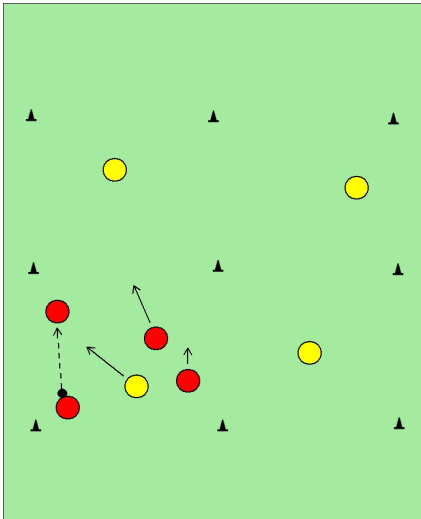




Round the square



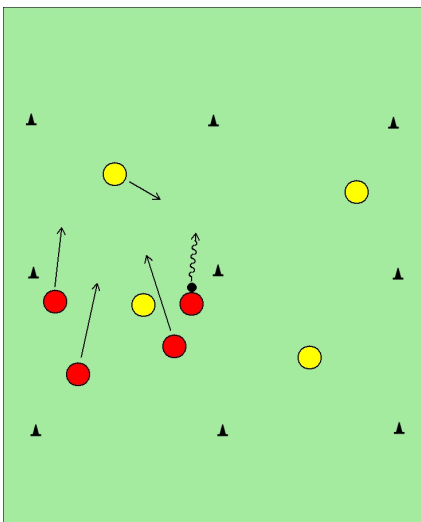
How it works

Start with two sets of four players. All four red players start in the same grid with possession of a ball.

One player from the yellow team starts in each of the four grids.

The red team must try and keep possession from the yellow defender for 10/15 passes.

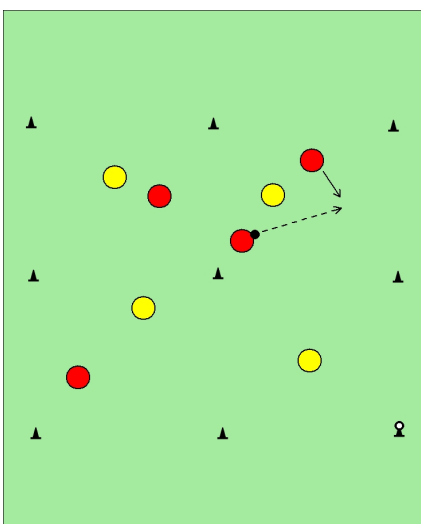
If the yellow defender wins possession or the red team lose the ball out of the grid then they must move on to another grid and start the pass count again.



If the red team complete the set number of passes they are allowed to dribble or pass the ball into the next grid of the square.

They must then try and repeat this pass count before moving 'round the square' again into the next grid and so on.

The challenge is to try and complete the pass count in every grid of the square.



Possible changes

As the red team moves round the square, one of them must stay in each grid so that in the third one it is now 2 v 1. The set number of passes could also decline as they progress. Finally, the last player must try and dribble into the fourth grid and knock the ball off the far corner cone to complete the ultimate challenge.