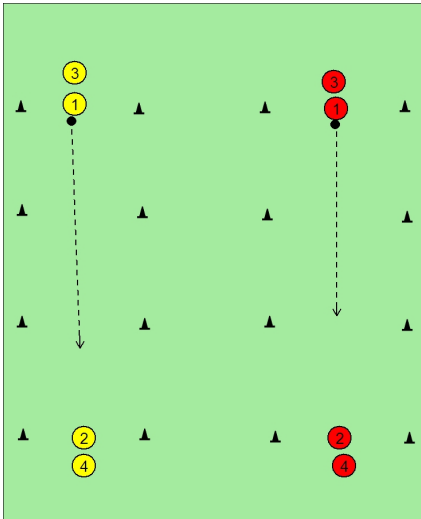




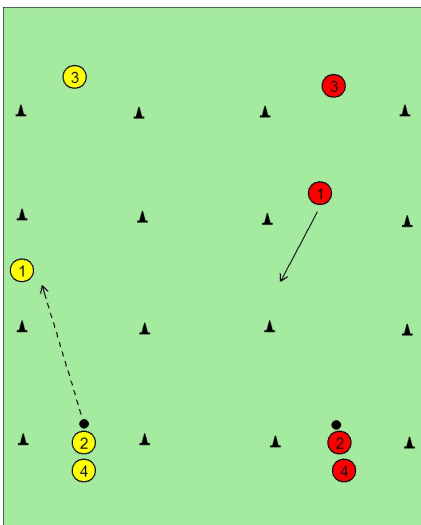
Up and down the channel



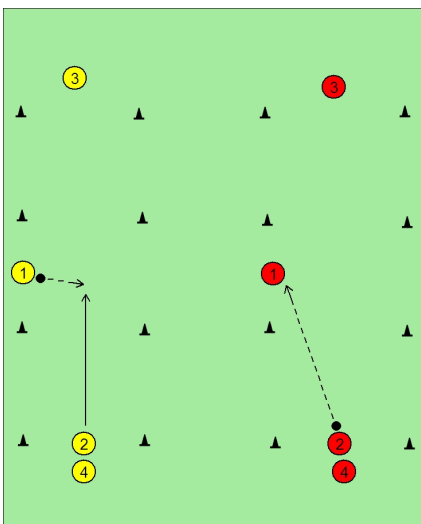
How it works

Players are positioned at each end of the channel as shown in the diagram.

Player 1 starts by passing to Player 2.



Player 1 makes a run down the channel to receive a pass back from Player 2.



Player 2 makes a run up the channel to receive a lay-off from Player 1.

Player 2 then passes to Player 3 and follows that pass up to the end of the channel.

Player 1 runs down the channel to take up a position behind Player 4.

Player 3 then starts the sequence again by passing down the channel to Player 4.

Challenge the players to keep this passing sequence going with no errors for 1/2 minutes. Which group can keep going the longest without an error?

Possible changes

Players go to different sides in the middle of the channel and use left and right foot as appropriate to make the lay-off.