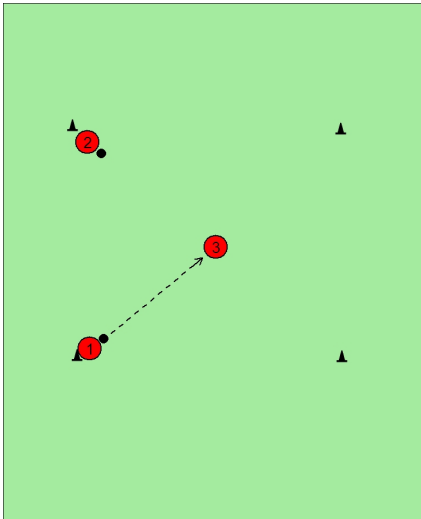




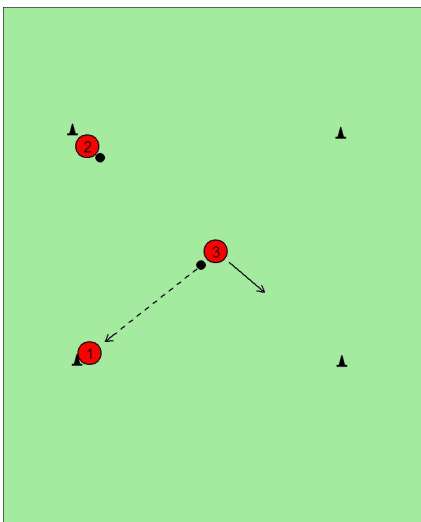
X pass and move



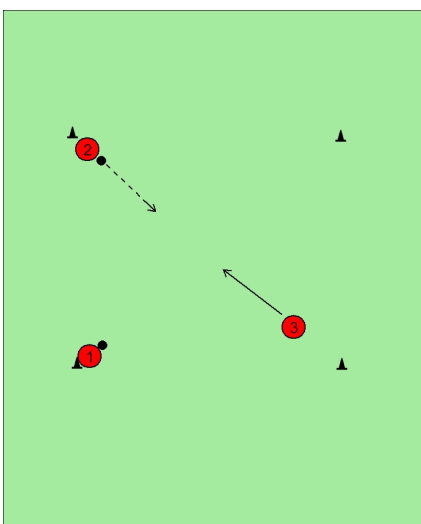
How it works

Two players stand by a cone on one side of the grid with a ball each whilst the third player stands in the middle.

Player 1 starts by passing to Player 3.



Player 3 passes back to Player 1 and then makes a move towards the cone opposite to Player 2.

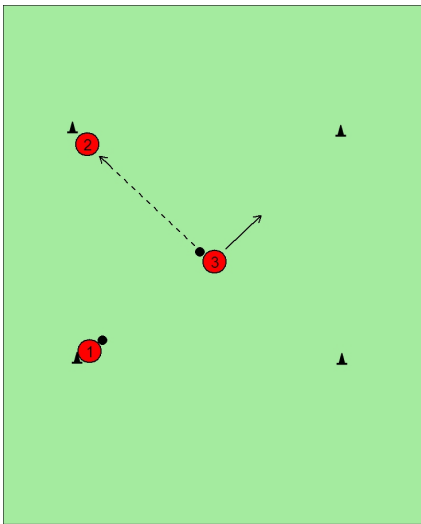


Player 3 touches the cone and then turns to run back to the middle of the grid.

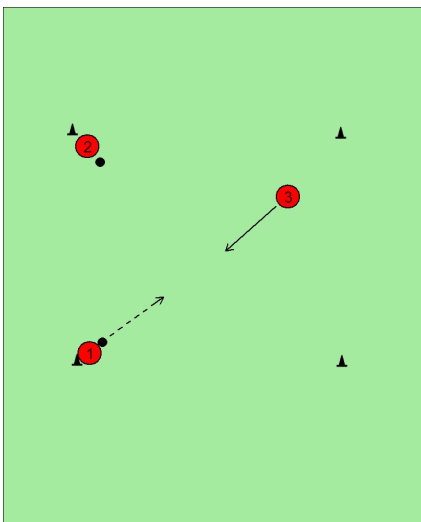
Player 2 times their pass to reach Player 3 just as they arrive at that point.



Grid - passing

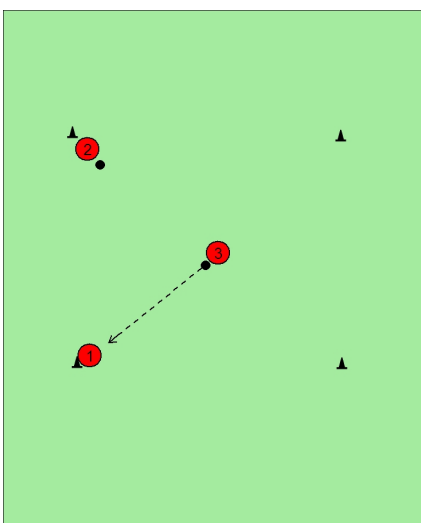


Player 3 passes back to Player 2 and then makes a move towards the cone opposite to Player 1.



Player 3 touches the cone and then turns to run back to the middle of the grid.

Player 1 then times their pass to reach Player 3 just as they arrive at that point.



The passing sequence then begins again as shown previously.

Challenge the players to keep the passing sequence going with no errors for 30 seconds/1 minute. Which group can keep going the longest without an error?

Change roles and try and beat previous records.

Possible changes

Players 1 and 2 could pick the ball up and feed in for Player 3 to perform chest/knee control and then pass back or for a header.

First touch passing only.