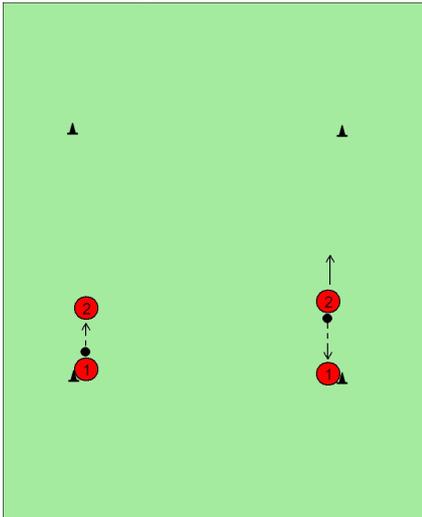




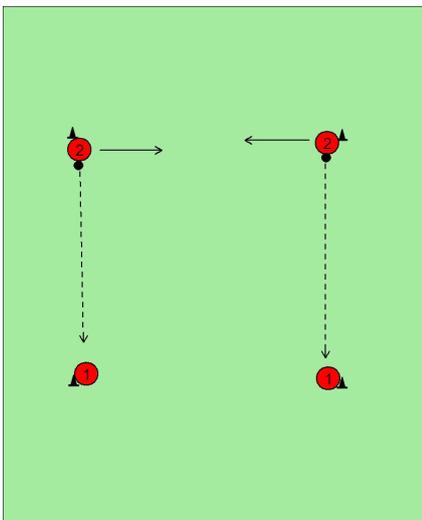
### Come and go



#### How it works

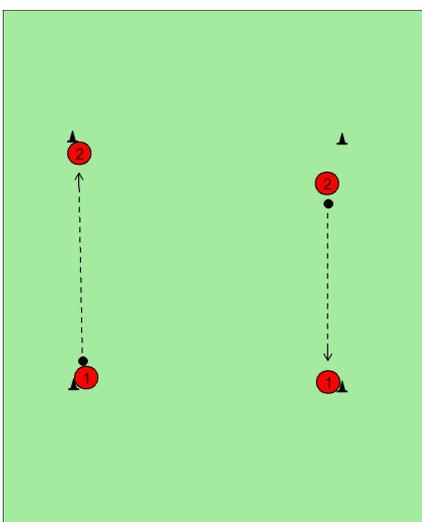
Four players start close to each other at two corners of the grid with both Player 1s having a ball at their feet.

Player 1s pass the ball to Player 2s and who return the pass. The players continue to exchange passes as Player 2s move back to the far corner cones.



When the two Player 2s reach the far cone they play a last pass to Player 1s.

They then quickly change sides.



Player 1s then pass the ball to Player 2s who return the pass. The players continue to exchange passes as Player 2s move towards Player 1s..

The drill continues with this repeated passing and moving sequence.

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?

#### Possible changes

Player 1s could pick the ball up and feed in for Player 2s to perform side-foot volleys or headers. As a challenge feed for knee/chest control followed by a side-foot volley return.

First touch passing only.