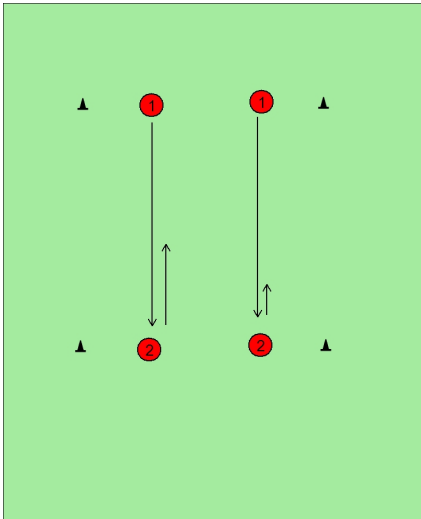




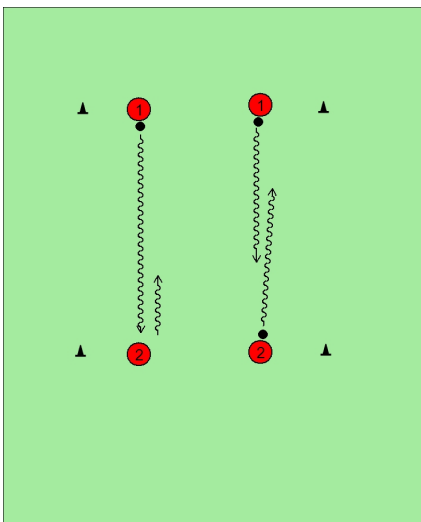
### Up and down we go



#### How it works

Players 1 and 2 stand opposite each other at either side of a grid. Have two pairs in each grid to create some competition.

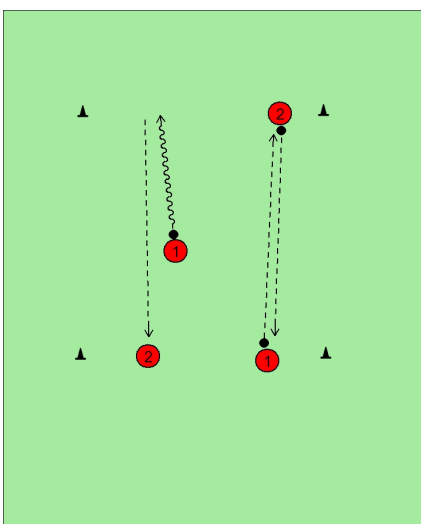
Player 1 begins by running across the grid to Player 2, tagging their hand and running back to their starting position. Player 2 then does the same and this is repeated for several turns or for 1/2 minutes.



In the following diagrams two developments of this drill are shown side by side.

In the first version on the left, Player 1 dribbles up to Player 2 and then turns to dribble back to their starting position.

On the right both players have a ball and they dribble across to the opposite side of the grid at the same time.



When Player 1 on the left gets back to their side of the grid they turn and pass the ball across to Player 2 for them to repeat the same sequence.

In the second version both players turn and pass across the grid to each other at the same time. They then dribble across the grid again, turn and pass back to each other.

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