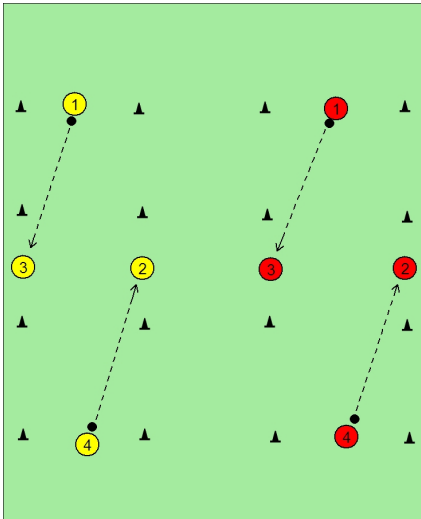




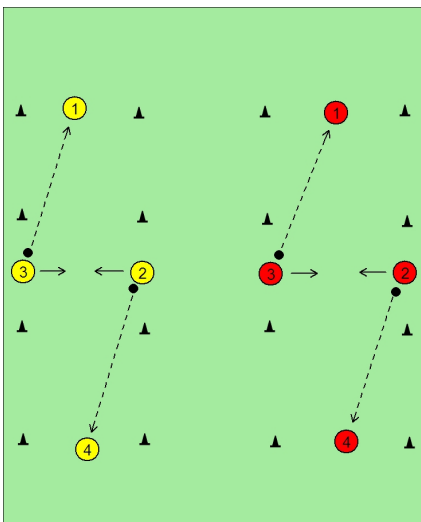
Passing switchover



How it works

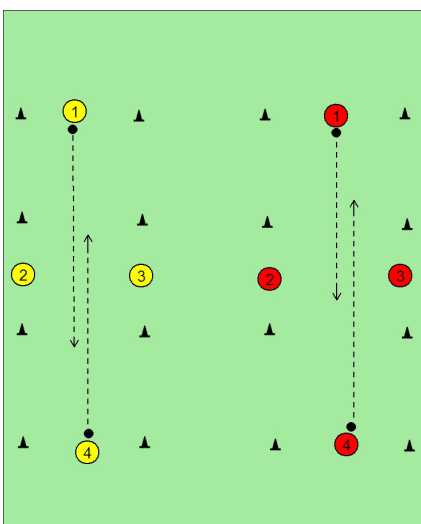
Players are positioned at each end of the channel with two players in the middle. All the passes must be made at the same time to keep this drill going.

Player 1 starts by passing to Player 3 whilst at the same time Player 4 passes to Player 2.



Players 2 and 3 pass the ball back to Players 4 and 1 and then switch over to the opposite side of the channel.

If there are any errors made the players must wait until the ball has been retrieved until the passing sequence can be continued.



Player 1 then makes a lofted pass to Player 4 whilst Player 4 plays a pass along the ground to Player 1.

The passing sequence then continues with Player 1 passing to Player 2 and Player 4 passing to Player 3.

Players then change roles so Players 2 and 3 are passing from the end of the channel.

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

Change the player making the lofted pass.

Both players at the end of the channels can make a lofted pass.