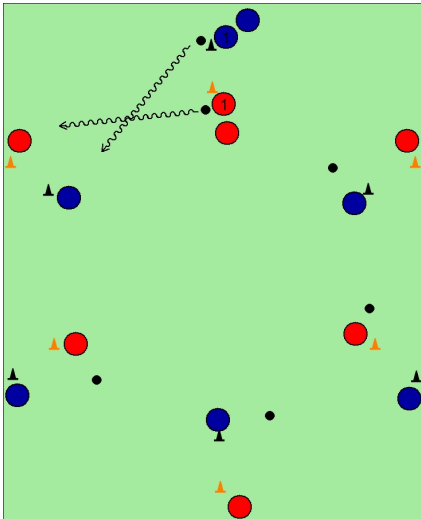




Circle - passing

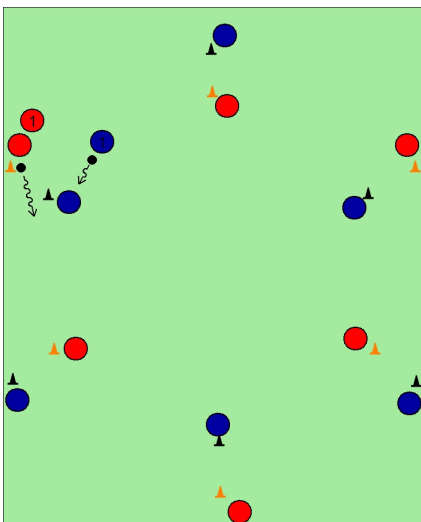
Around the world



How it works

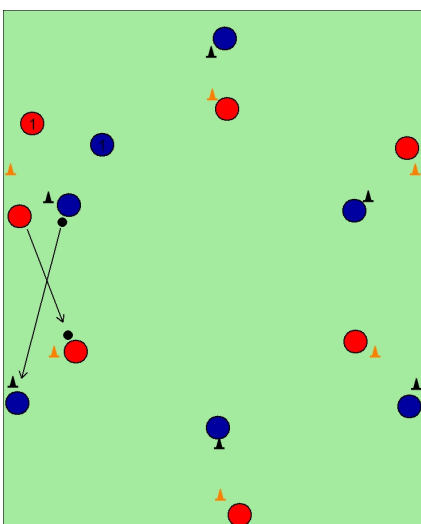
Set out an inner and an outer circle of cones about 4/5m apart, using different colours as shown on the diagram.

Red and Blue Player 1 start by dribbling the ball towards the next player in their team around the outside of the circle. (Take care when crossing over).



Players continue to dribble the ball around the circle as a team.

First team to get the ball twice around the circle and back to the start wins.



Possible changes

Start with a crossover running relay before dribbling the ball.

Players can pass the ball to the next person in the relay but run the risk of hitting the player from the other team who may be crossing their path.

How many cones can the team get the ball round in 1/2 mins?

Have one team start dribbling/passing around the outside circle. When halfway round start the other team doing the same round the inside circle - how quickly can they catch up? Swap over.

Start two different balls going at different sides of the circle.