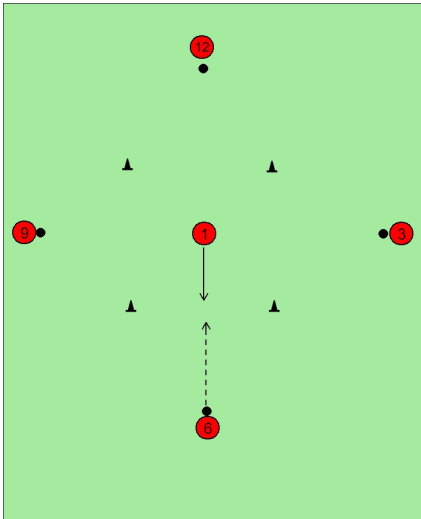




Clock passing



How it works

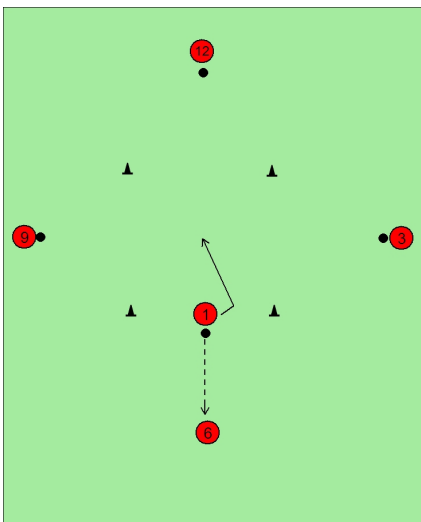
One player stands in the grid with four more players standing around the outside, each having a ball.

Players on the outside of the grid are given the numbers corresponding to quarter hours of the clock - 3, 6, 9 and 12.

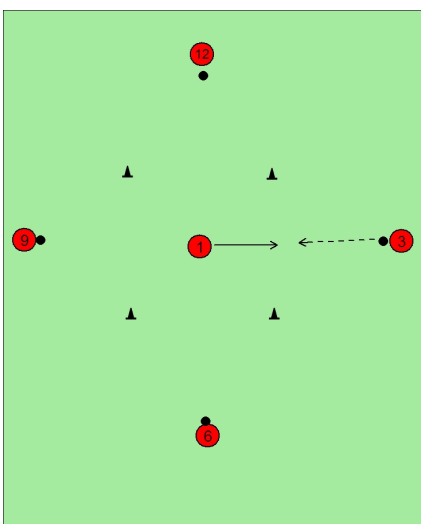
Player 1 has to call out the numbers of the other players.

In this diagram Player 1 has called the number 6. Player 1 makes a run towards that player up to the edge of the grid.

Player 6 then passes the ball to Player 1



Player 1 passes back to Player 6 and returns to the centre of the grid.



Player 1 calls another number, in this case 3.

Player 1 makes a run towards that player up to the edge of the grid.

Player 3 then passes the ball to Player 1.

Drill continues with repeated passing and moving sequence.

Challenge to keep passing sequence going with no errors for 30 seconds/1 minute.

Which grid can keep going the longest without an error?

Possible changes

Coach or an outside player calls the numbers.

Use North, South, East and West or just numbers 1 - 4 if you prefer.