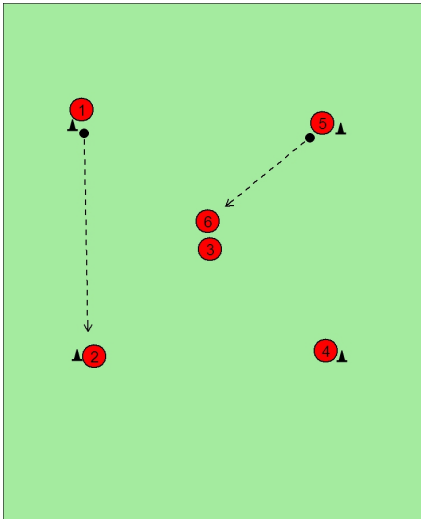




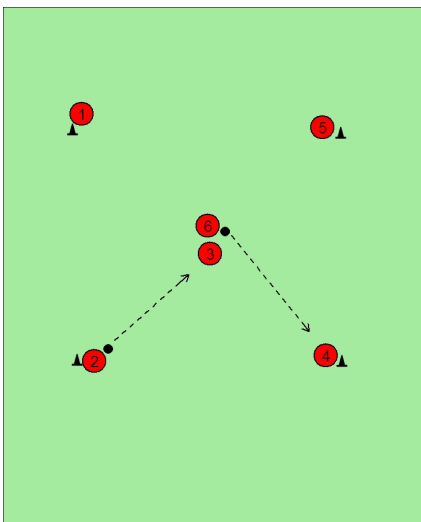
Middle pair



How it works

Four players stand by a cone in each corner of the grid, two with a ball, with another 2 players standing in the middle.

Players can pass the ball to any other player who is available to receive the ball.



The middle 2 players are not allowed to pass to each other but any other passes are allowed.

Challenge the group to continue for 1/2 mins without an error or time how long it takes for all the group to complete 20/30 passes.

Possible changes

Use 1 ball first to familiarise players with the drill.

First time passing only.

Pass and follow with 2 balls if you really want a challenge.