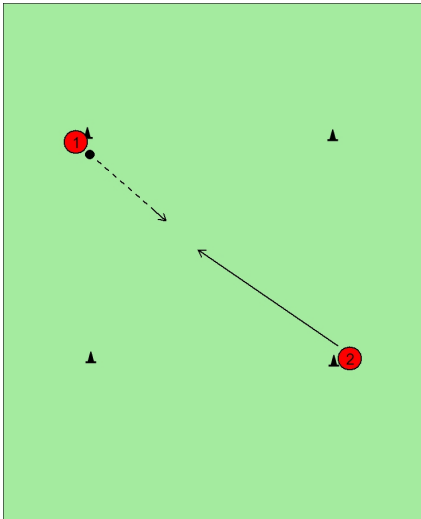




Opposite corners

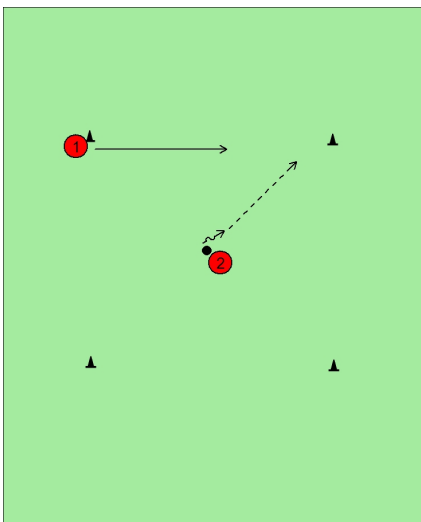


How it works

Each player starts at opposite corners of a 10 x 10 grid.

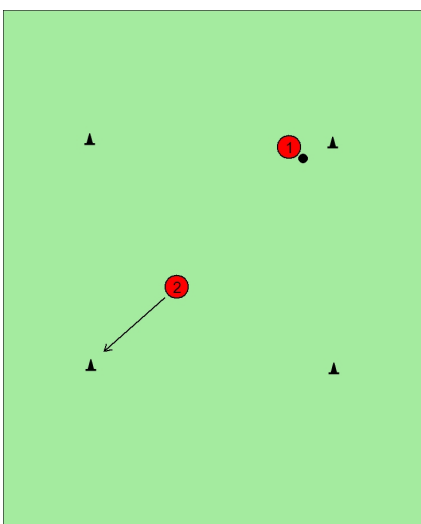
Player 2 makes a run to the centre of the grid.

Player 1 passes the ball into the feet of Player 2.



Player 1 then makes a move to either of the cones to each side of them.

Player 2 makes a half turn to respond to the direction of Player 1 and passes to the cone towards which the player is running.

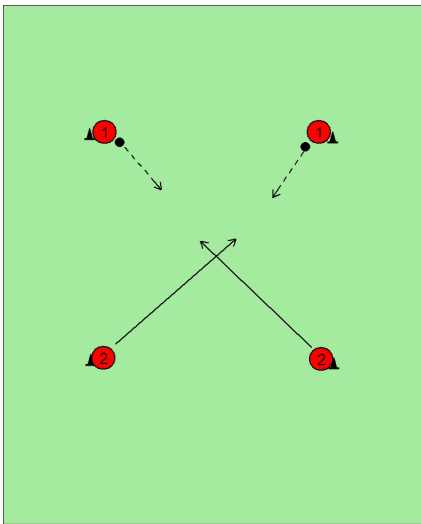


Player 1 runs on to receive and control the ball at the cone.

Player 2 must then run to the opposite corner ready to repeat the drill.

Reverse roles after 1/2 minutes or until 10 passing sequences have been completed.

Can the players keep the drill going for 30 secs/1 minute without errors.



Possible changes

For advanced players, try 4 players repeating the same drill in the same grid.

Player 2s must be aware of each others position when crossing in the middle of the grid.

Limit players to always moving and passing clockwise or if they really want a challenge let them move freely to one side or the other.