

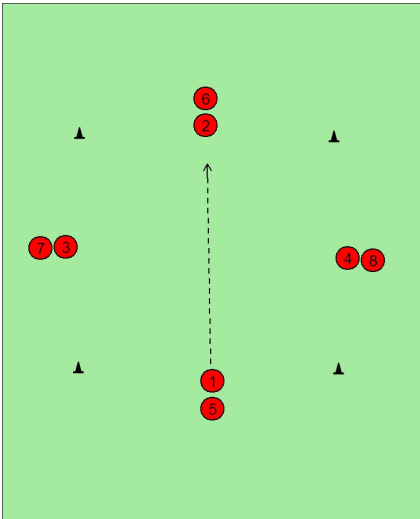


**Pass and move**

How it works

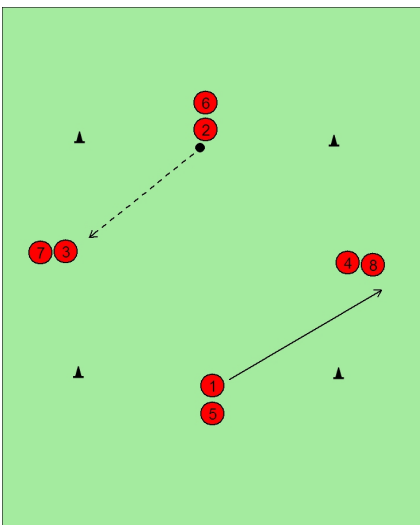
Two players start in the middle of each side of a 10 x 10 grid.

Player 1 starts by passing the ball to Player 2

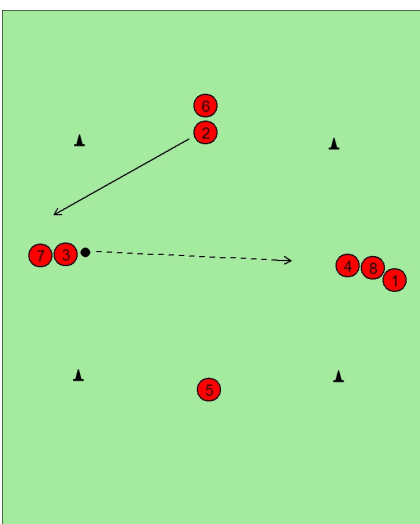


Player 1 then makes a diagonal run to the right to join the line.

Player 2 passes to Player 3.

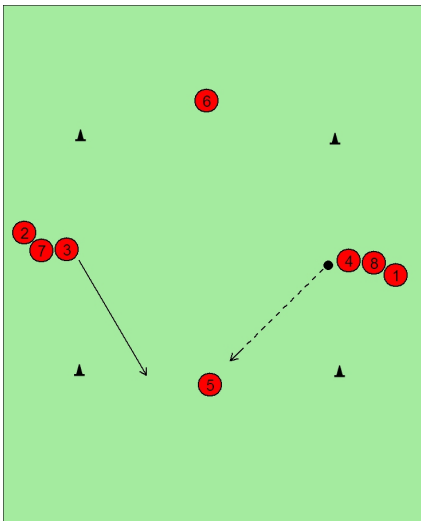


Player 2 then makes the run whilst Player 3 passes across the grid to Player 4.





## Grid - passing



The passing and moving sequence continues with Player 4 passing to Player 5.

It then repeats with Player 5 starting the sequence again by passing across to Player 6.

Challenge the players to see how long they can continue without errors or set a target number of passes within a set time.

### Possible changes

Reverse passing and moving sequence to the left.

First time passing only.

Add another player at each side of the grid. Repeat the same passing and moving sequence but have both Player 1 and Player 3 start with a ball. (Timing of passes important as balls will be travelling across the grid at similar times)