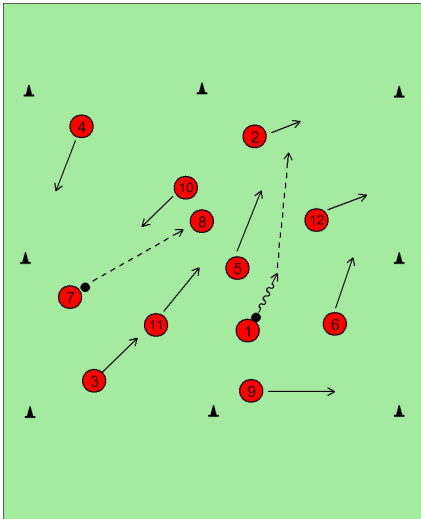




Passing by numbers

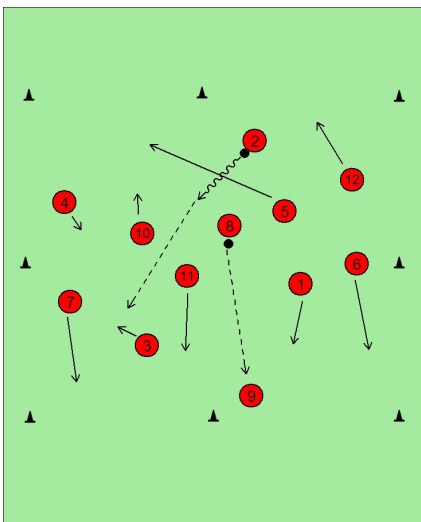


How it works

All players are given a number and they move around within the coned area.

The number of balls used will depend on how many are in the group.

Player 1 must pass to Player 2 and Player 7 must pass to Player 8.



Passes continue in sequence with players making space to pass and receive.

Player 12 passes to Player 1 when they receive the ball.

Possible changes

Start by throwing the ball to get players moving.

Add in 1 extra ball.

Add in 1 defender.

Perform a turn or particular skill when receiving the ball.

Even numbers pick up the ball once controlled and throw the ball in the air for odd numbers to control.

If you have a large number of players then run the same practise in 2 grids - odd/even numbers can then move into the other grid after making their

pass.