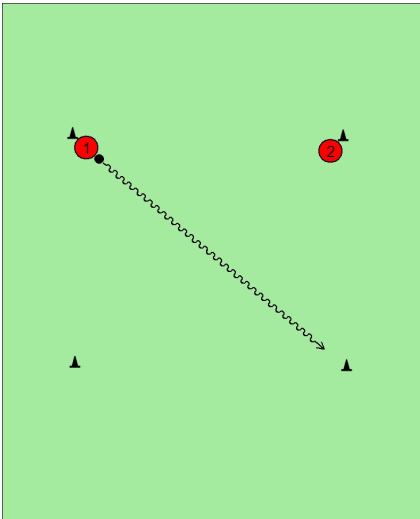




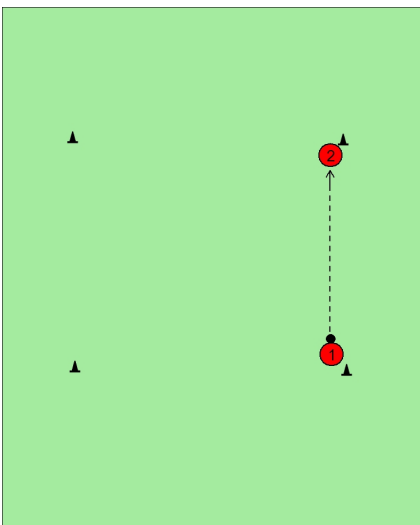
Running diagonals

How it works

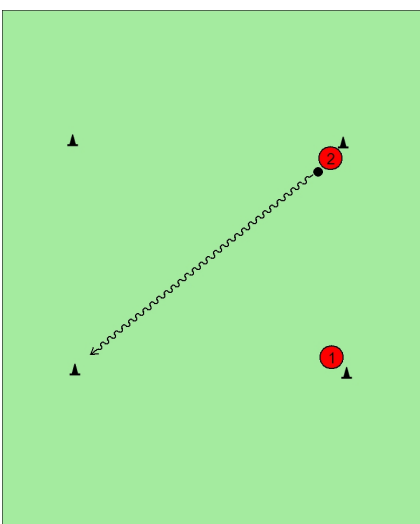
Player 1 dribbles with the ball diagonally across the grid.



Player 1 turns and passes to Player 2.

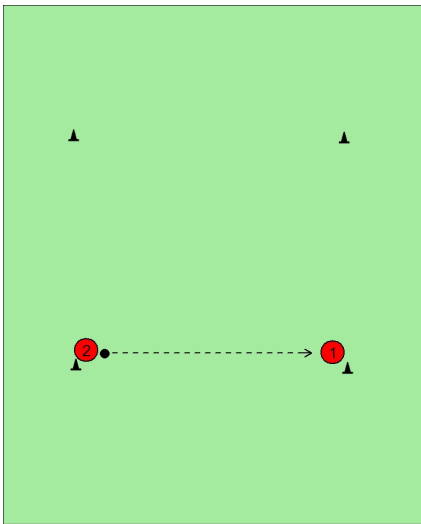


Player 2 dribbles with the ball diagonally across the grid.





Grid - passing



Player 2 turns at the cone and passes to Player 1.

Drill continues with this dribbling and passing 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

Reverse the direction of the drill so Player 2 starts with the ball (see first diagram) and players turn in a different direction.

Two pairs of players can perform this drill in the same grid at the same time, starting at opposite ends.