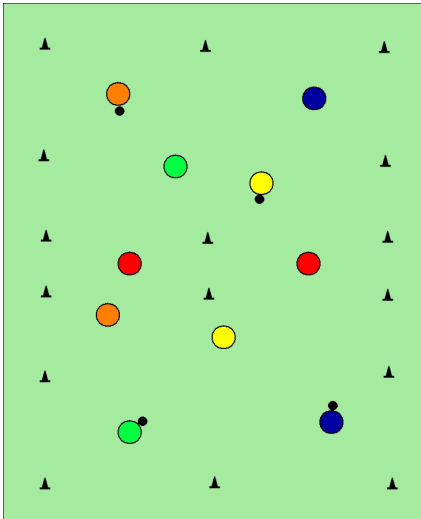




Through the middle

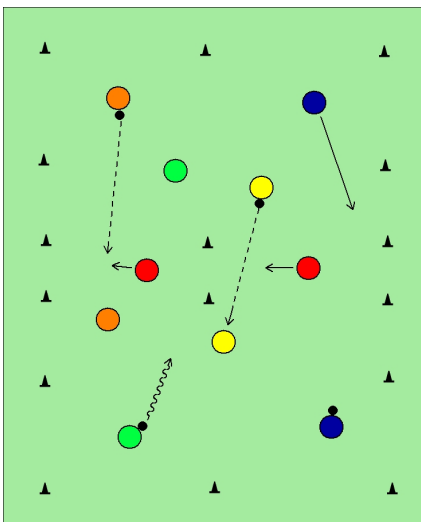


How it works

Players work with a partner and have a ball between them.

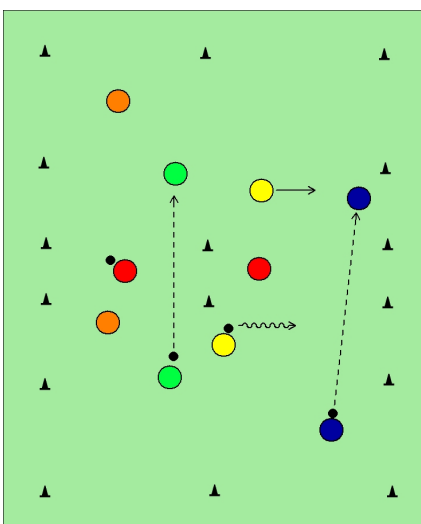
One player from each pair starts at opposite sides of a central zone.

One pair starts in the central zone



Partners must try to pass the ball to each other through the central zone in the middle of the playing area.

Players can dribble and move anywhere within their side of the playing area to create space for a safe pass through the central zone.



If a red player intercepts a pass then they swap places with the pair who made the error, in this case the orange pair. The ball must stay in the central zone for the interception to count.

If any pair allow their ball to go out of the playing area then this also counts as an error and they must swap with the central pair.

Can the group keep the pair in the central zone for 30 seconds/ 1 minute?

Set a record for the greatest number of passes through the central zone without an error being made by any of the pairs.

Possible changes

Play with two pairs either side and one player in the central zone.

Allow aerial passes over the central zone.