



SET UP

Divide players into 3 equal teams. Make 3 connecting grids. 2 big areas and 1 small area.

HOW TO

Team 1 starts with the ball, while team 2 is in the middle grid as the blockers. Team 1 must connect 5 passes and then pass through the blockers to team 3. Switch the middle team out.

CHALLENGES

Add a defender into the passing grid.