

Quick, pass!

What you need: one ball and two markers.

How to play:

- Place the two markers 5m apart.
- Players take it in turns to be the kicker. All other players are the fielders.
- The kicker begins at a marker with the ball.
 They kick the ball out into the field of play and begin to score points by running between the markers.
- The fielders must quickly retrieve the ball and make 10 passes between them using their feet. They shout 'STOP' once completed and the kicker stops running.
- Players have three turns as the kicker.











Considerations / options:

• Make this harder for the kicker by increasing the distance between the cones.