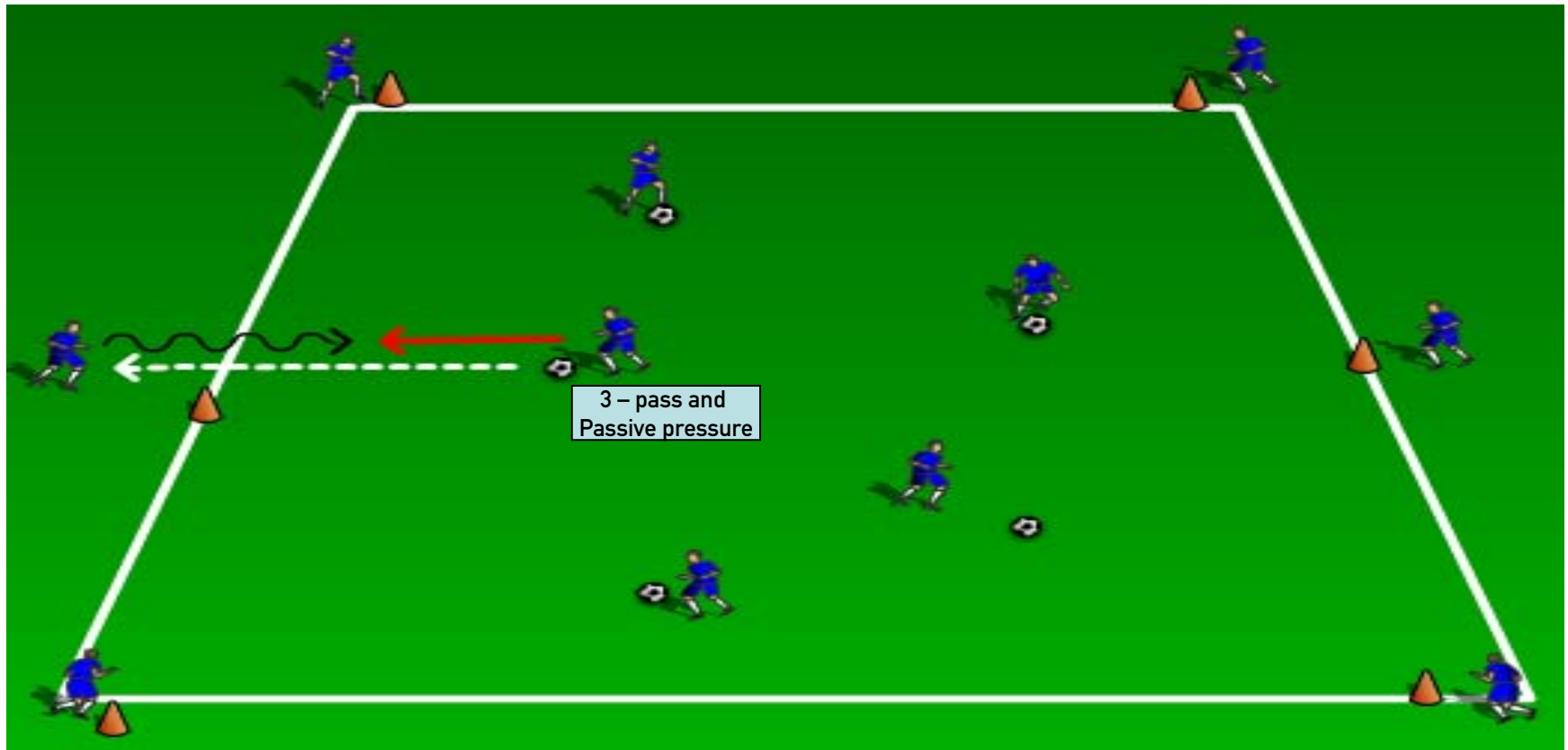


SKILL IN, SKILL OUT



SET UP / RULES

Five players start in the middle with a ball each
The rest of the players surround the outside of the pitch

- 1 – the players in the middle must complete a skill on their way across the area
- 2 – the players must complete a turn on their way across the area
- 3 – the player receiving a pass and coming into the area must complete a skill to go past the “passive” passing out player.