

“Passing Circle Game”



Situation

You've got lots of people (Club training), especially people who don't know each other.

Mission

To improve passing, learn names, and make everyone feel proud of a group achievement.

Execution

Set-up:

Everyone in a big circle at arms distance, two people with balls standing in the middle, with a person behind each of them. Multiple other balls by the sides, ready to be used.

1. You probably already know this drill, but here it is recorded for posterity. Hopefully you do know it, cos it's not easy to describe..

2. The two people in the middle face in opposite directions, looking at the person they will pass the ball to.

4. The receiver passes the ball back into the middle, to second person who started in the middle, and also follows the ball.

6. The balls move around like this, with each person either passing into the circle, or out of it, but always moving the ball round clockwise.

3. On your signal, they pass the ball and follow it, taking the position of the person they have just passed to. They wait for the next ball.

5. That person then passes out to the circle to the next person, who should be at the side of the original thrower by now.

7. With Freshers especially, make everyone say the name of the person they are passing to.

8. If things go wrong (and they will), blow your whistle to stop everyone, and reset the drill, with twice the number of players as balls always starting in the middle.

Progression:

This game is all about progression. As soon as people are comfortable with two balls going round, stop the drill and add another ball, plus two players, to the middle.

Make sure you start with the people with balls equally spaced out in the middle, and make sure they know who they will be first passing to.

In theory, it should be possible to have one ball going per three people. In reality, I think we managed eight once...