

Cross-over grid

Set-up – sets of markers 5m apart, 6 different sets. Players in pairs starting at the first pair of markers (blue cones in diagram) with one ball between two.

Action – pair 1 stand opposite each other on the first set of markers (blue). They pass the ball between each other three times, before moving onto the next set of markers (red). However, in order to get to the next set of markers, they must cross over so they are now on the opposite side to the one they were on for the first set of passes. At this marker (red), they complete another three catches, and then cross over onto the next set of markers (yellow). In this way, they keep moving down the grid, crossing over each time, until they reach the far end, where they both run down the outside and back to the start. Each pair of players waits until the pair in front of them has completed their passes and made it to the next set of markers before they start.



VARIATIONS

The Chase – each pair is trying to catch up with the pair in front of them. This will put their catching and throwing skills under pressure, as they attempt to do it quickly.

Catch that! – each time the players have made it successfully through the circuit and back to the start, give them a different catching challenge. Left hand only, right hand only, above the head, right hand over left shoulder, left hand over right shoulder. Different catches means better hand-eye co-ordination.

Fielding skills – it doesn't just have to be catches. Bounce the ball once each time between the pairs, throw it on the half-volley each time, or roll it on the floor for a one-handed or two handed pick-up.

Movement patterns – when they are running back down the outside of the grid, call a different warm-up movement. 'High Knees', 'Low skips', 'Sideways facing the grid' etc. Remember this is a warm-up drill so they need to get warm!

