**Hand passing - warm up games**

A B

* Rectangular grid is marked out with cones 15m x 30m
* Two teams 5 v 5 inside the grid
* Throw ball into the middle
* Object is for a team to work the ball via hand passing to the opposite end of the rectangle – their scoring zone
* They put ball down and the opposition team picks up ball and tries to work it via hand passing to the opposite end into their scoring zone
* Game lasts 30 secs only and has to be high intensity

**Things to note and make players aware of:**

* No standing still
* Make runs behind the player in possession to support
* Change of direction, footwork, accurate passing, support play, defending a runner coming at you, timing the tackle/interception
* Keep spare balls around the outside – If a ball goes dead it must be back in play within 3 secs or team loses a point