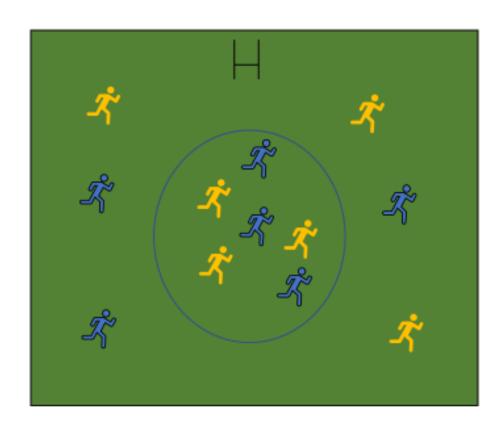
<mark>Inside Out</mark>





Title	Inside Out			
Primary Skill	Controlling a moving ball			
Secondary Skill	Ground Striking, Striking from Hand, hand pass			
Equipment	Cones, Balls			
Description	Set up as in diagram:			
	On whistle, players outside the circle pass a low ball into any player in the circle When the Player gains possess, he passes ball back to a different player outside the circle			
	Progress:			
	Only yellow players outside the circle have a ball and are trying to pass the sliothar to a yellow in the middle. The reds tackle After 1 minute swap roles in the middle where reds are passing and yellows are tackling			