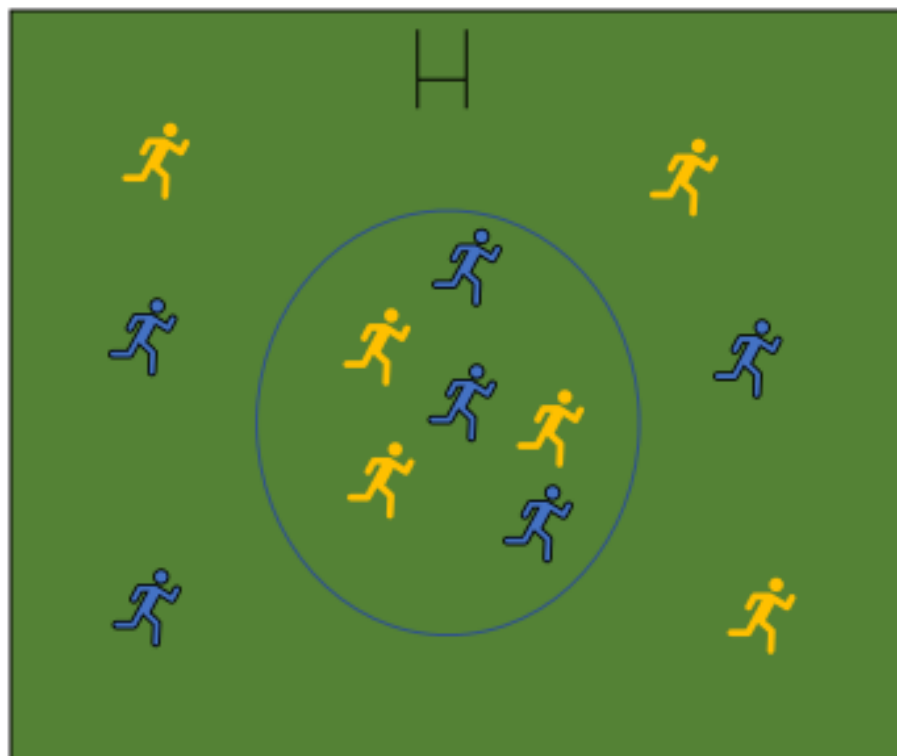


# Inside Out



<b>Title</b>	Inside Out
<b>Primary Skill</b>	Controlling a moving ball
<b>Secondary Skill</b>	Ground Striking, Striking from Hand, hand pass
<b>Equipment</b>	Cones, Balls
<b>Description</b>	<p>Set up as in diagram:</p> <ul style="list-style-type: none"><li>• On whistle, players outside the circle pass a low ball into any player in the circle</li><li>• When the Player gains possess, he passes ball back to a different player outside the circle</li></ul> <p>Progress:</p> <ul style="list-style-type: none"><li>• 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</li><li>• After 1 minute swap roles in the middle where reds are passing and yellows are tackling</li></ul>

