

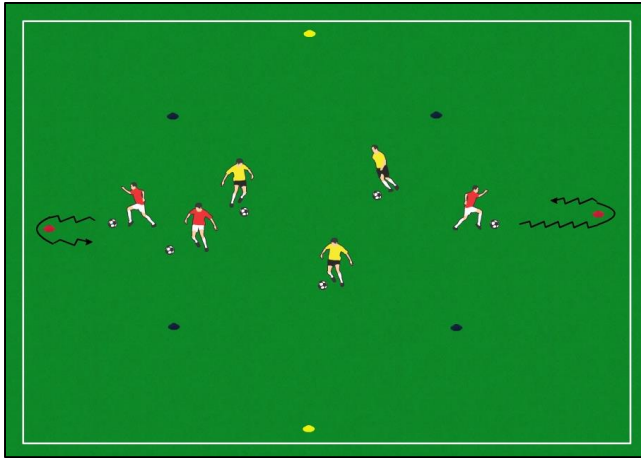


Core skill: Running with the ball

Difficulty level ★☆☆

RUN OUT

Beginning activity



Players run with the ball freely around the outside of the square.

When the coach calls “RUN OUT” the players run with their ball outside the grid and around one of the cones attempting to be the first player to run with the ball back outside the grid.

The coach can add variations such as which foot to use.

Equipment: In a square grid approx. 15m x 15m. There are a number of different colour coded cones (approx. 3-4) 5-10m outside of the area. Each player has a ball each.