

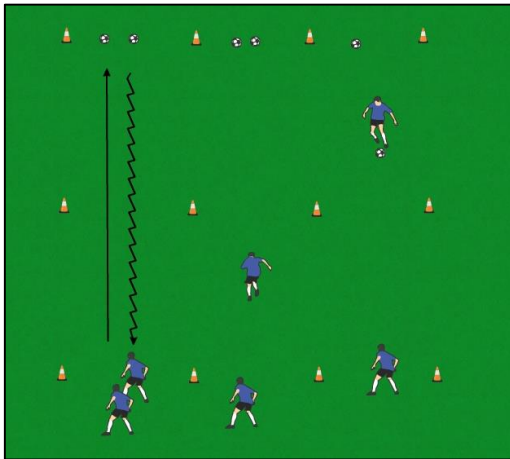


Core skill: Running with the ball

Difficulty level ★☆☆

RELAYS

Beginning activity



One at a time, players will run to the end, collect the ball, and dribble it back to the beginning.

Then their partner goes and does the same, the first team that arrives back to the start is the winner.

You can change the routine. I.e. first players dribbles and leaves the ball at the end, then runs back. While their partner runs to collect it and dribble it back.

Set up: Set up three zones approximately 10-15m long by 4m wide.

Players are in teams of two, with one team in between each zone. (See diagram)