

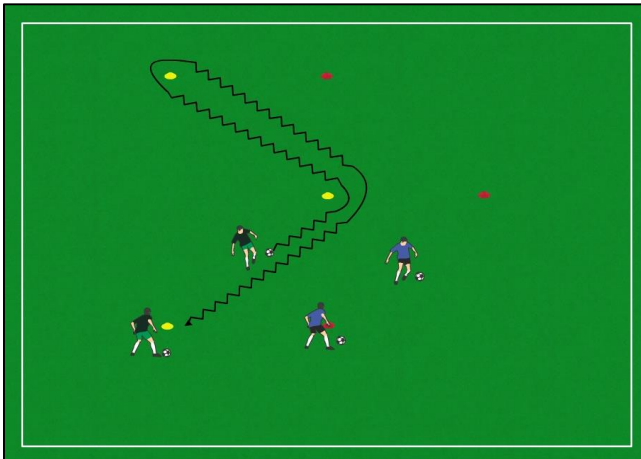


Core skill: Running with the ball

Difficulty level ★☆☆

# RELAYS

## Beginning activity



Each player starts with a ball, dribbles around the middle marker, changing direction to the left (as shown in the diagram).

Then dribbles around the end marker and around the middle marker again this time changing direction to the right.

Upon returning to the starting point, the next player starts the same pattern with their own ball.

**Set up:** Set up markers as shown approx. 10m apart.