

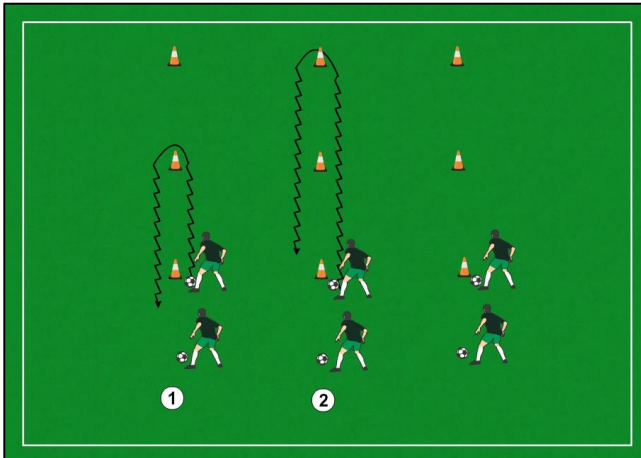


Core skill: Running with the ball

Difficulty level ★☆☆

RELAYS

Beginning activity



One at a time, players will dribble their ball around the first marker and back to the start (Diagram 1).

When they arrive the next person will go and do the same.

The variation is to have players run with the ball around the second marker on their next attempt (Diagram 2).

Avoid having too many people in the one line (two is a good number) this way they are active and not waiting in line for too long.

Set up: According to the skill level of your players, place three markers 3-5m apart as shown.

Keep a safe distance between each line approx. 5m.