

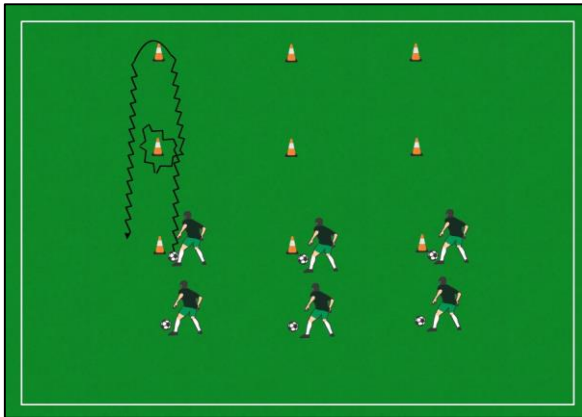


Core skill: Running with the ball

Difficulty level ★☆☆

# RELAYS

## Beginning activity



One at a time, players will dribble their ball and complete a circle around the first marker before going around the furthest marker.

When they arrive the next person will go and complete the same sequence.

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.