

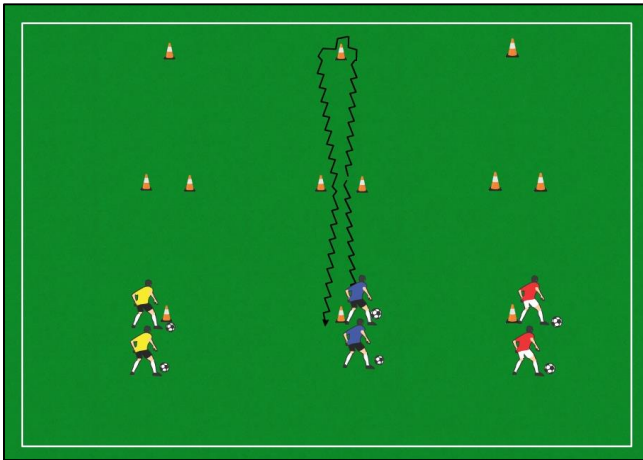


Core skill: Running with the ball

Difficulty level ★☆☆

RELAYS

Beginning activity



Each player starts with a ball. Player 1 dribbles their ball through the middle gate and then around the far cone and back through the middle gate again on the way back

Upon returning to the starting point, player 2 commences the same pattern.

Have a maximum of two players on each line so they are not waiting too long.

Set up: Markers and a ball for each player.