

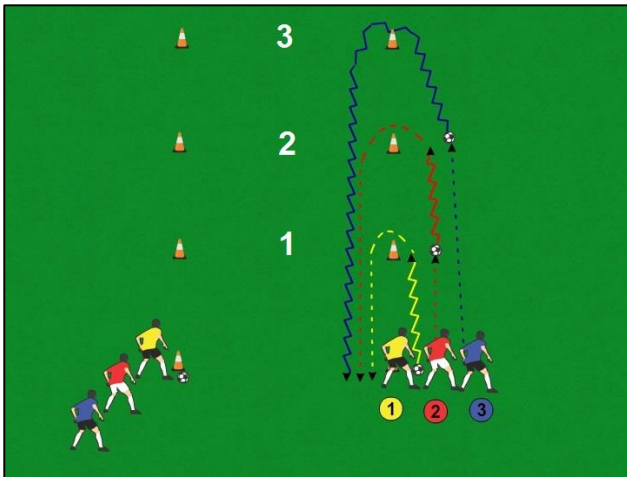


Core skill: Running with the ball

Difficulty level ★☆☆

RELAYS

Beginning activity



Each group starts with 1 ball

Player 1 dribbles the ball to marker 1, and leaves it there. Then runs around the marker and tags player 2 at the starting point.

Player 2 runs to the ball, collects it from marker 1, dribbles it to marker 2 and leaves it there, then runs around the marker and tags player 3 at the starting point.

Player 3 runs to the ball, collects it from marker 2, dribbles with it around marker 3 and brings it back to the starting point

Change the player numbers regularly

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