

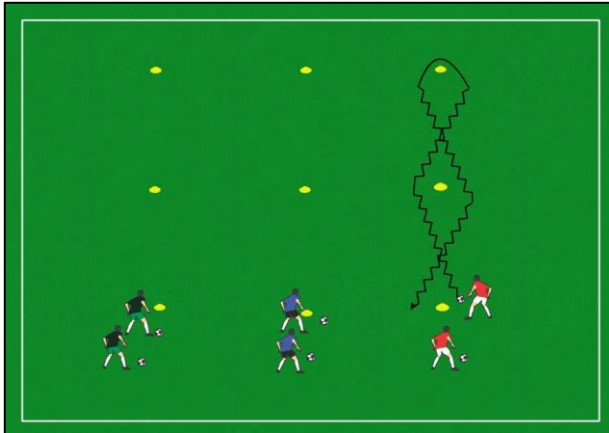


Core skill: Running with the ball

Difficulty level ★☆☆

RELAYS

Beginning activity



One at a time, players will dribble their ball in and around the cones in a figure 8 pattern (see diagram)

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.