

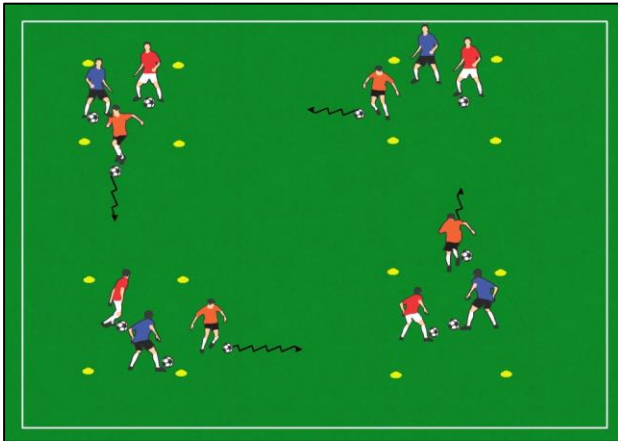


Core skill: Running with the ball

Difficulty level ★☆☆

THE RUN AROUND

Beginning activity



Players are divided into different colour or numbers and are spread out evenly standing in each corner zone.

When the coach calls a colour or number, players from that team will run with their their ball into the next grid.

Players listen for when their colour or number is called.

The coach can change the direction from clockwise to counter-clockwise, and change the rules such as right and left foot and slower and faster, as well as call several colours at once.

Equipment: In an area approximately 30m x 30m. There are square zones in each corner approx. 5m x5m wide.