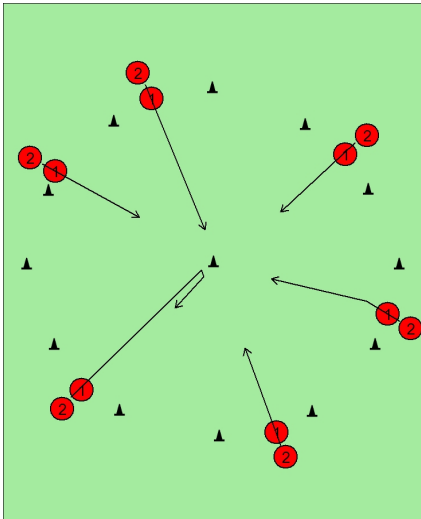




### Circle races

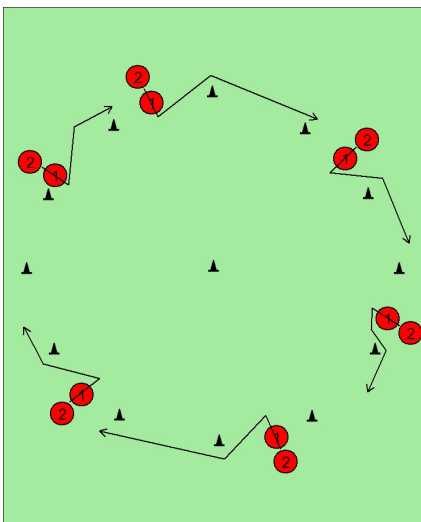


#### How it works

Player pairs stand evenly spaced around the circle.

On a signal from the coach, Player 2 starts by crawling between the legs of Player 1, running to the middle of the circle and then back between Player 1's legs to finish.

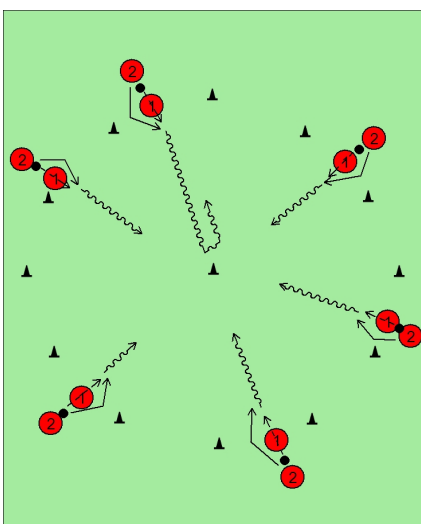
Change round player roles and repeat.



Repeat but this time players have to run around the outside of the circle.

Possibilities are endless but here are just a few suggestions such as:

- run and touch any four cones in the circle;
- run and crawl through two other players legs;
- run around the player on the opposite side of circle.



All or a selection of these races can then be repeated whilst dribbling a ball.

The ball can be passed through their partner's legs to start and finish each race.