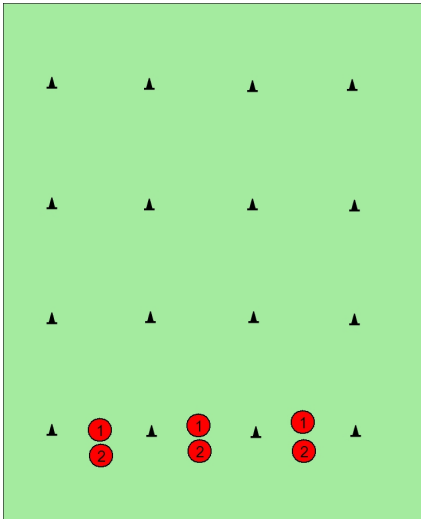




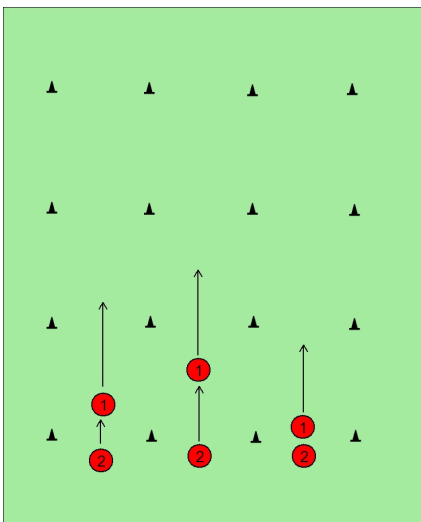
### Hit and run



#### How it works

Players 1 and 2 stand facing each other, within touching distance, at one end of the channel.

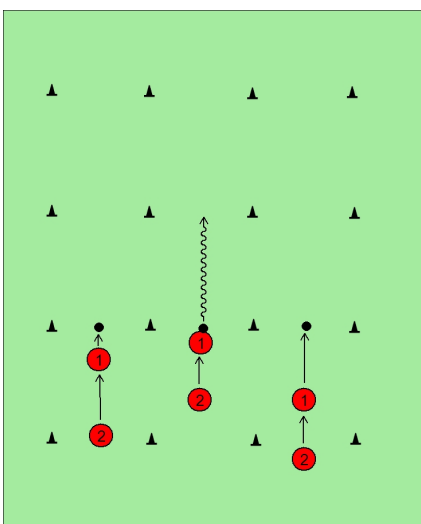
Player 2 starts with their hands behind their back.



In their own time, Player 1s tag/touch Player 2s and then turn and sprint down the channel.

Player 2s try and catch them before they reach the end of the channel.

Players reverse roles and repeat the same running back down the channel in the opposite direction.



As before, but this time Player 1 has to sprint but then run with the ball to the end of the channel. (They are not allowed to just kick it past the end of the channel and then just run).

#### Possible changes

All Player 1s turn and sprint on a signal from the coach.

Player 2s could start facing the other way or vary their starting positions, such as kneeling or lying down.