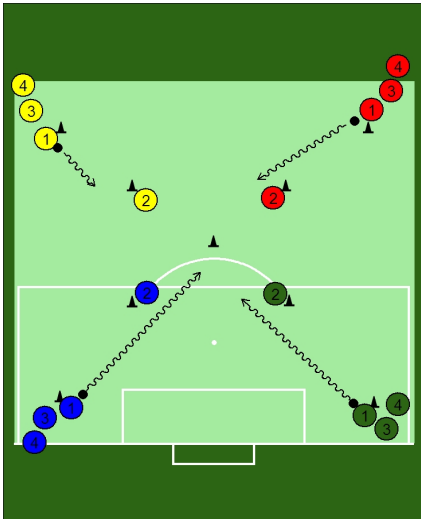




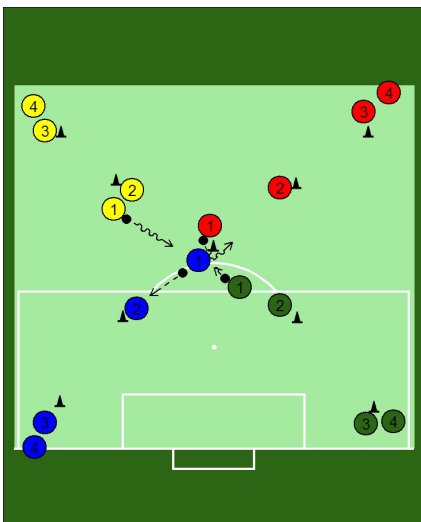
### Runaround



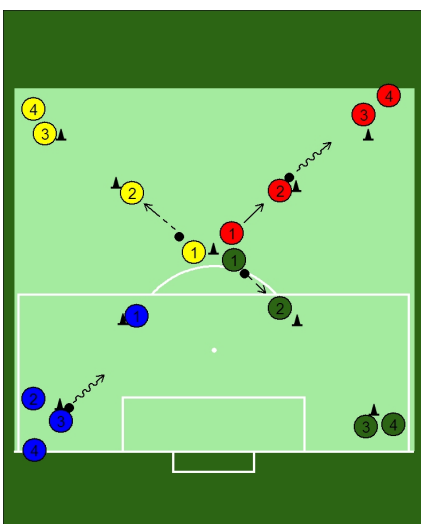
#### How it works

Four teams of players line up as seen in the diagram.

On a signal from the coach, Player 1s dribble the ball towards the cone in the centre of the middle grid.



Once around the centre cone they pass to Player 2s and then follow the pass.



Player 2s then dribble the ball back to Player 3 who starts the sequence off again.

Play as a race to get through the whole team 1/2 times.

#### Possible changes

Allow players to kick their opponent's ball away whilst in the middle grid, especially if behind in the race. If their ball is kicked away then the player must dribble it back into the middle grid before continuing.

Player 2s pass back to Player 3s and follow their pass.

Player 1s performs a wall pass with Player 2s before dribbling to the centre cone.