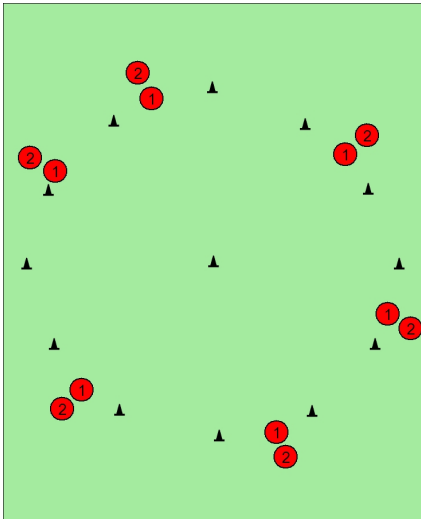




Circle races



How it works

Player pairs stand evenly spaced around the circle.

On 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 places 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 4 cones in the circle

run and crawl through 2 other players legs

run around player on opposite side of circle

All or a selection of races can then be repeated whilst dribbling a ball. Ball can be passed through partner's legs to start and finish the race.