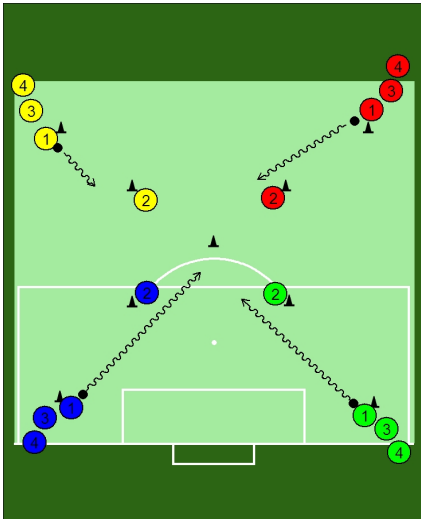




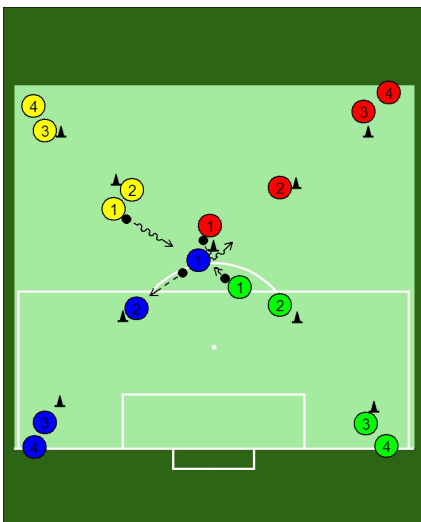
Runaround 1



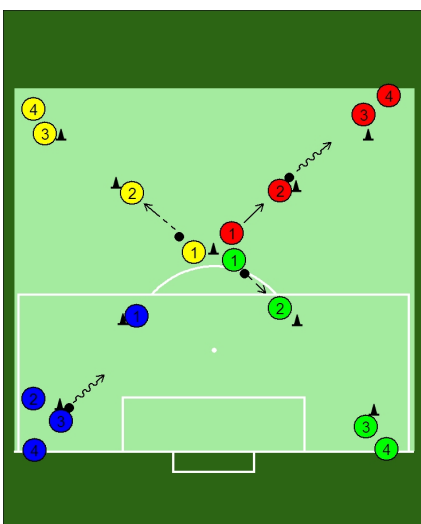
How it works

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

On a signal from the Coach, Player 1 dribbles the ball towards the cone in the centre of the middle grid.



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



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

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

Possible changes

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

Player 2 passes back to Player 3 and follows pass.

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