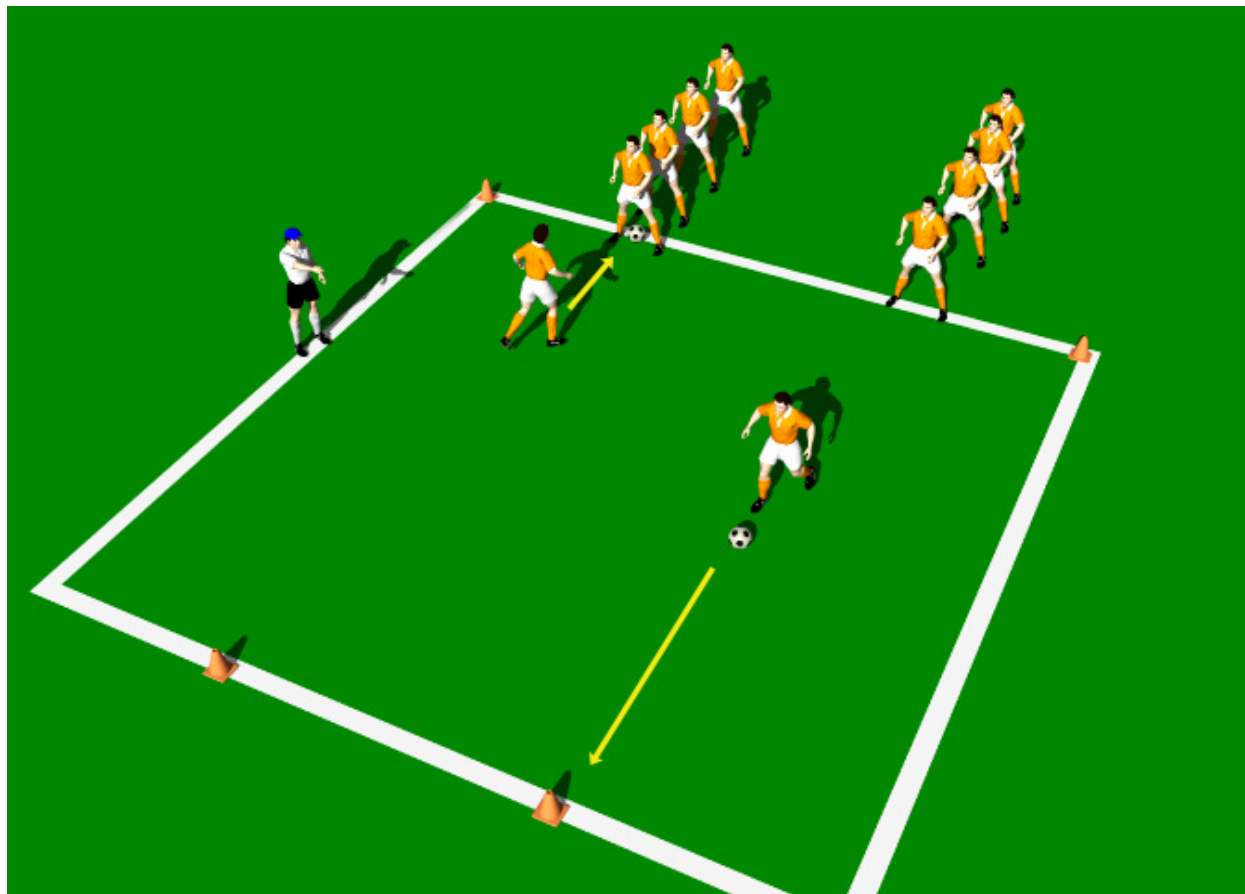


Through the Legs Relay Game



Objective of the Practice:

This is a fun game to incorporate a ball with your warm up activity. It also develops basic passing skills as well as team building.

Coaching Points:

Divided your players into two teams. Each team has a ball. The first player in line has the ball. All other players in line open their legs wide to make a tunnel. The player passes the ball under the tunnel to the last player in line. The last player then dribbles the ball around the cone and back to the front of the line to repeat the exercise. The first team to have every player dribble the ball wins.

Field Preparation:

Grid 10 x 20 yards. Entire group of players. Cones. 1 Ball per team.