



Play the Ball Relay

Skill – Play the Ball

TYPE

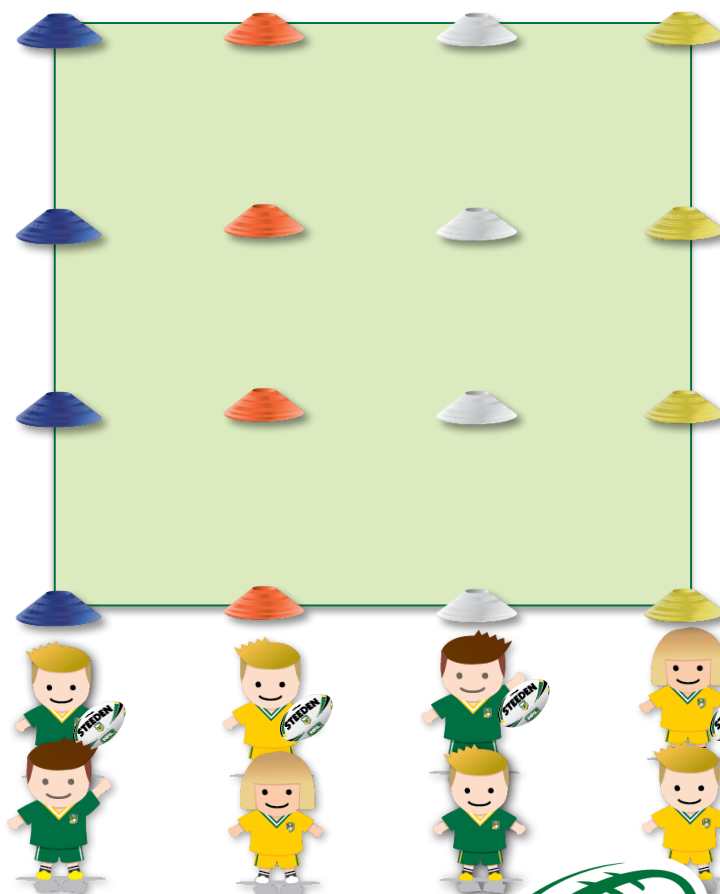
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AGE

6+

Description

- » 2 player line up behind each marker
- » The first player runs to the first marker, hits the ground, then gets up to play the ball.
- » The second player follows, picks the ball up as the dummy half, and runs to the next marker.
- » Repeat this until the end of the marker. Then the dummy half runs back to the start and scores a try.



Field Size

(10m)

(10m)

Players



You need two players for each line

Equipment



x (16) Markers



Whistle



x (4) Footballs

Progression

- » Add extra cones to make the drill longer
- » Add a third and fourth player, then have a first and second receiver each time.



Click to watch the video



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