

Relay race- pass, receive, shoot

GameProgression

1. Set up into teams approximately 3-5 players per team
 2. Place a pole approximately 5m in front of each team and then mark out a small goal with cones about another 5m ahead.
 3. 1st player must start with the ball and a cone in their hand. On 'Go!' they dribble to the pole and place cone over the top of it, they then pass ball back to next player in the queue and receive a pass back. They then turn and look to score through their goal as quick as possible.
 4. Winner is the first player to score
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1. Have a player stand behind each mini-goal to control the ball. Player who has just ran each relay then takes their turn behind the goal
 2. Number each player in a team. Have all players stood behind their cone. Call a number- that player must run the relay but they must have other players in position (i.e. to receive pass and shot before starting the race)

