

Roll through the legs and chase

GameProgression

1. In pairs one player stands behind the other.
 2. On call they must roll a ball through partner's legs. Partner must control ball and dribble/run with it to finish line racing against other players
-
1. Encourage player rolling the ball to roll it smoothly and with a weight on the ball so that it allows partner to run onto it without slowing/altering stride too much
 2. Player picking up can start in different positions-e.g. stood facing away from player, facing towards, on all fours, etc.

