

Any amount  
of players

## Multi directional relay races – ball familiarisation

**Objective** – Develop player’s ability to control the ball in a variety of challenging settings

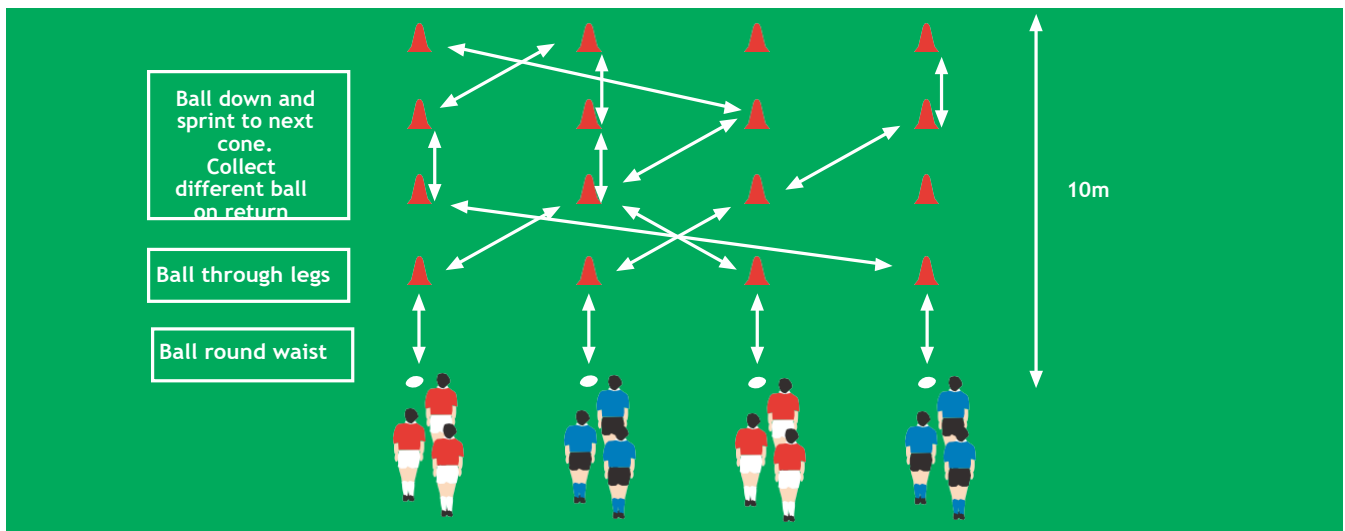
### Equipment needed:

- Balls: 1 per group
- Cones: 1 stack
- Bibs: Optional

### Suggested time allocation:

- 10 - 15 minutes

### Set-up Diagram:



### How to play:

- Players split into groups of 4 or 5 (not too small as this will make players fatigue quickly).
- Place end marker cone 10m from start position and 2-3 cones in between end cone and line of players.
- Introduce a series of activities for each player to undertake at each cone.
- Once players return to line pass to the next player in line.
- Players cannot run to the same cones that the player before in their group used.
- Introduce competition into the session - First group to complete the relay = winner.

### Coaching points/Key factors:

1. Carry the ball in two hands
2. Ball remains off the shirt.
3. Hands in the ready position with palms facing the ball and thumbs together.
4. Catch the ball in the hands

### Difficulty:

- Allow players to develop their own activities at each cone.
- Introduce short sprints, down-and-ups etc.
- Widen the grid and introduce two players, ball in hand, passing and undertaking activities.