

## 12+ Players

## Relay Races Pairs

**Objective** – Develop player’s ability to pass and catch accurately whilst under pressure

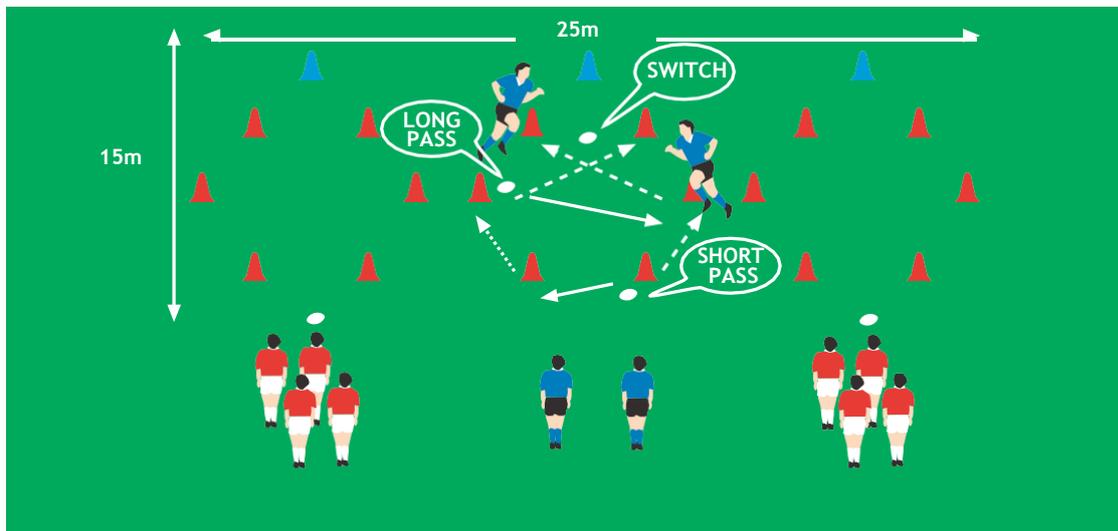
### Equipment needed:

- Balls: 1 per player
- Cones: 1 stack

### Suggested time allocation:

- 10 minutes

### Set-up Diagram:



### How to play:

- Players split into groups of 4/5 - not too small as this will fatigue players quickly
- Place blue end marker cone 15m from start position.
- Players work in pairs and pass to the blue cone.
- Coach can decide length / type of pass required.
- Red cones are marked out as guides for players to run to.
- Players run to blue cones when finished and then return to group.
- Introduce competition into the session \_ first group through the relay = winner

### Coaching points/Key factors:

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

### Difficulty:

- Allow players to develop their own activities at each cone.
- Introduce fun activities such as ball round the waist or throw ball up and clap before catching.
- Widen the grid and introduce different passes - loop etc.
- Introduce defender at one of the stages to put pressure on pass - static defender at first.