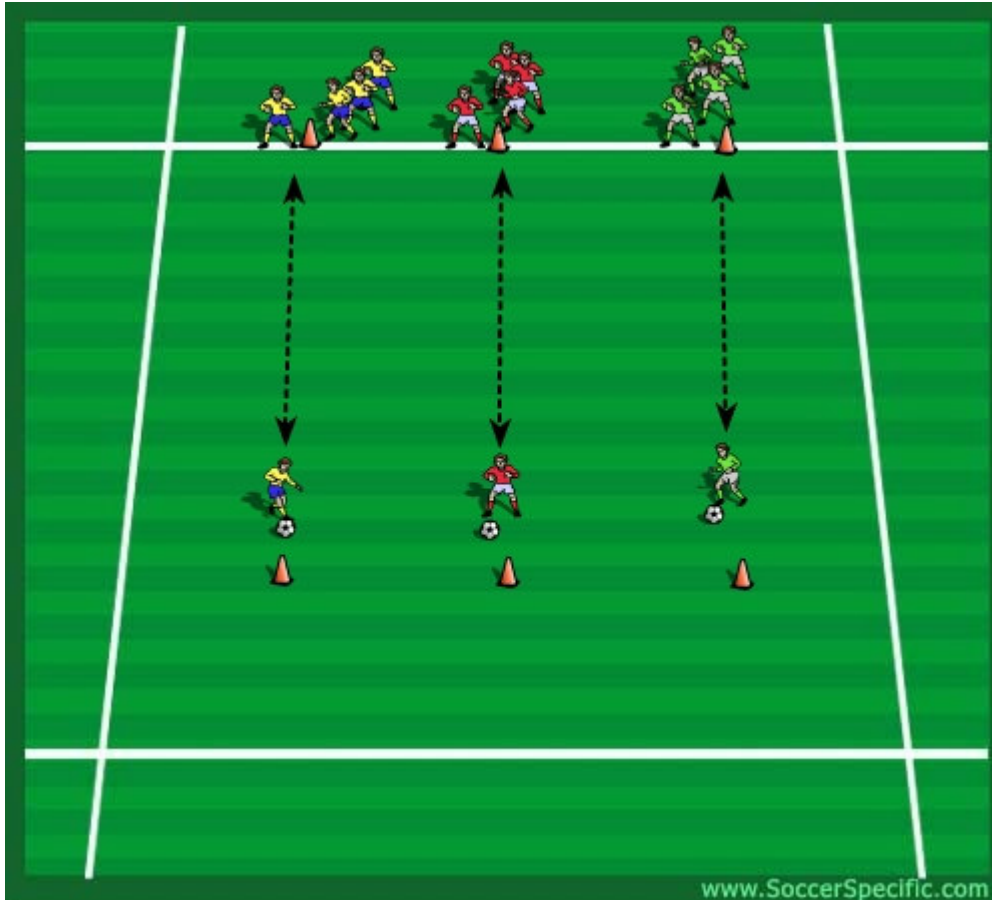


Team Relay

Emphasis: Running with the ball at speed.



Set-up:

20 x 20 yard grid. Players are split into 3 groups and positioned at each cone as shown. Cones are placed 15 yards from each group. One ball per group.

Objective:

On the coach's signal, the first player in line must dribble towards the cone placed 15 yards away. Upon reaching the cone the player must turn and accelerate back to his original group. The ball is then passed from approximately 2 yards away to the next player in line. The next player in line repeats the sequence. Play is continuous for a designated period of time.

Progression:

1. Players must dribble around cone.
2. Vary the turns at the cones – Cruyff turn, step-over etc.
3. After the turn, players must chip the ball for the next player in line to control before repeating the sequence.
4. Introduce a race format – first group to have each player complete 2 rotations wins.

Coaching Points:

- Accelerate with the ball on the first touch.
- Build up the speed as comfort level increases.
- Change pace out of the turn.