

CIRCLE RACES

Divide players into two team and give each player a number 1 – 6. Each player starts at a cone. Put 12 balls in the middle of the circle.

1. Coach calls out a number. Both players run to the centre, perform a “pull-back” and quickly bring the ball back to their cones. They dribble around (in step turn) their cone, return their ball to the middle and sit back at their cone.

2. Coach calls out a number, both players run to the centre, perform a “pull-back” and quickly bringing the balls back to their cone. They then dribble around the outside of the circle in the same direction back to their cone then return ball to middle and sit at their cone.

Progression

Call out more than one number to add traffic to the game and keep all the players involved more frequently.

Have players weave around their cones on the outside as they're racing around.

Coaching Tip

Have players on outside sitting to avoid confusion (unless the ground is wet).

