

Description

Social distancing relay race.

Screen 1

Set up: (Depending on numbers) 4/6/8 boxes in a 24 x 24 m area (example of size) good supply of balls, small goal or poles at each end.

Sequence: All players start with 6 balls each (example).

Objective: To race each other by running with the ball past or through the obstacle in your box.

Box 1: Pass the ball through as passing arc (or gate) then score

Box 2: Pass the ball beyond the ladders, run through the ladders, collect the ball then score

Box 3: Run with the ball through the poles (gate) then score

Box 4: Run with the ball at the mannequins, perform a trick then score

Box 5: Run with the ball through 2 gates then score

Box 6: Pass the ball beyond the hurdles, jump over the hurdles, collect the ball then score

Rotate clockwise after each attempt.

Progressions/variations: Use both feet to run and score

Create scoring zones (See box 6 as example) where players can score in.

