

# RELAY RACES



Foundation

## What we are going to learn

We are going to become more competent, confident and expert in our techniques and be able to show accuracy when striking a ball at a target.

## Equipment we will need

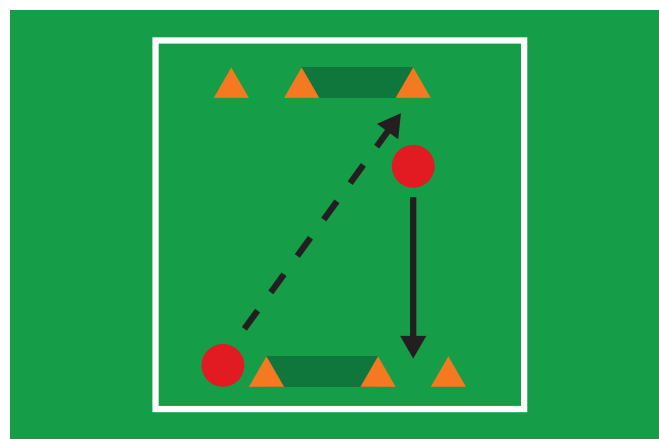
**Cones to mark lanes more than 2 metres apart**  
**1x football**

Don't have cones? Try using household items like jumpers or water bottles to mark out your area.

Be sure to use hand sanitiser and wipe down any equipment. Always remember to maintain safe social distances when attempting Play Safe drills.

## How to set up this drill

Set up areas that are at a safe distance apart. Place one cone where the player starts and a gate at the opposite end. Mark out a mirrored lane next to this one going in the opposite direction. Players are in teams of four and have one football between their team. One person starts with the ball in each team. They pass the ball diagonally to their teammate who is on the opposite side of the area. They then sprint through the gate facing them to join the opposite line. Once the player gets through the gate their teammate is now free to play the ball back diagonally and sprint. The winning team is the one who completes the most passes as a team.



## Things to think about

- Can you be on your toes ready to receive the ball from your teammate?
- Can you step to the side so you are further away from the gate that your teammate is sprinting to? This will give you more room to take your first touch.
- Can you take your first touch slightly out of your feet? This will ensure that you are ready to pass as soon as your teammate goes through the gate.
- Can you look at your target before you pass? Try to use the inside of your foot and aim for the middle of the ball. This will help the ball go straight to your target.

### Don't want to use a football?

This drill can be done with any sort of ball and can be adapted for rugby, cricket, basketball, tennis, etc.

## Want to make this drill easier or harder?

Try altering the distances of each lane. Make the distance smaller so there is less sprinting involved and a small space to pass to your teammate. Or you can make the distance bigger and increase the difficulty when attempting accurate passes.

## Competition

- After you've passed the ball can you try different movements as you head towards your gate? Instead of sprinting can you hop, side step, or perhaps jog backwards?