



ACTION:

One player passes to his/her partner, overlaps behind and tries to beat him/her to the opposite end of the lane. The overlapping player should not try to tackle, impede or win the ball. Players exchange roles and work back once whole group has been.

TIPS:

Encourage players to look up as much as possible when running with the ball.

NOTE:



SPEED

SET UP:

10 x 25yd lanes

Players in pairs with up to three pairs per lane.

One player has a ball