



ACTION:

The players face each other approx 2yds apart, one player has the ball at his/her feet.
The player with the ball chooses his moment to sprint with the ball to the opposite end of the lane while his/her partner tries to beat him/her there.

As soon as the ball is touched the game is 'live'

The player without the ball shouldn't try tackle, impede or win the ball.
Players exchange roles and repeat in the opposite direction.

TIPS:

Encourage players to be creative in all competitions.
Suggest use of a 'fake' to gain an advantage over defending player.
Start with 10yd sprints and move up to full distance.

NOTES:



SPEED

SET UP:

6 x 20yd lane. (multiply for the amount of players in group.
Groups of players of no more than three pairs.
One ball per pair.