

## Relay Race

Divide the players into groups of 3 or 4.

Have each group line up behind a cone on the end line. Place the other cones about 10 yard out.

Each group has one ball. When coach says "Go" the first player in each group dribbles quickly around the cone across from them and back to their group.

Then the next player goes.

Have the players go 3 times each and the group who finishes first wins.

### Variation:

- *Have them dribble to the cone turn and pass the ball back to the next player in line.*

- Advanced - *Have the first player in line run to the cone and turn. The next player in line will pass them the ball. When they receive the ball they dribble back to the group. Next in line will run to the cone.*

