

117 BASIC RUN AND CARRY STARTING FROM THE SIDE

Purpose: Create more random decision-making in run and carry.

ORGANISATION

- ▶ 20 players (5 participating at any one time).
- ▶ Feed the ball to any one of the 3 runners.
- ▶ Immediately the 2 opponents move into the rectangle to defend.
- ▶ The activity ends with a handball to a target.
- ▶ Rotate players to different lines after each repetition.

