

18 RELAY RACE

Purpose: Players explore the balance between speed and accuracy.

ORGANISATION

- ▶ As many players as desired, as long as the rows are of equal length.
- ▶ The players are placed in rows in as many lines as needed.
- ▶ On command, the first player kicks to the next and then in turn to each player in the row.
- ▶ The aim is to be the first team to take the ball down the line and back to the start.
- ▶ Each kick must be taken within 1 metre of each player's cone. Any wayward kick or dropped mark has to be retrieved and the next kick cannot be taken until the player returns to within 1 metre of the cone.
- ▶ The kicking needs to be a balance between speed and accuracy. Speed without accuracy results in slower ball movement.

COACHING POINTS

- Extensions:
 - Players kick on their non-preferred leg.
 - Alter the distance between the cones.

