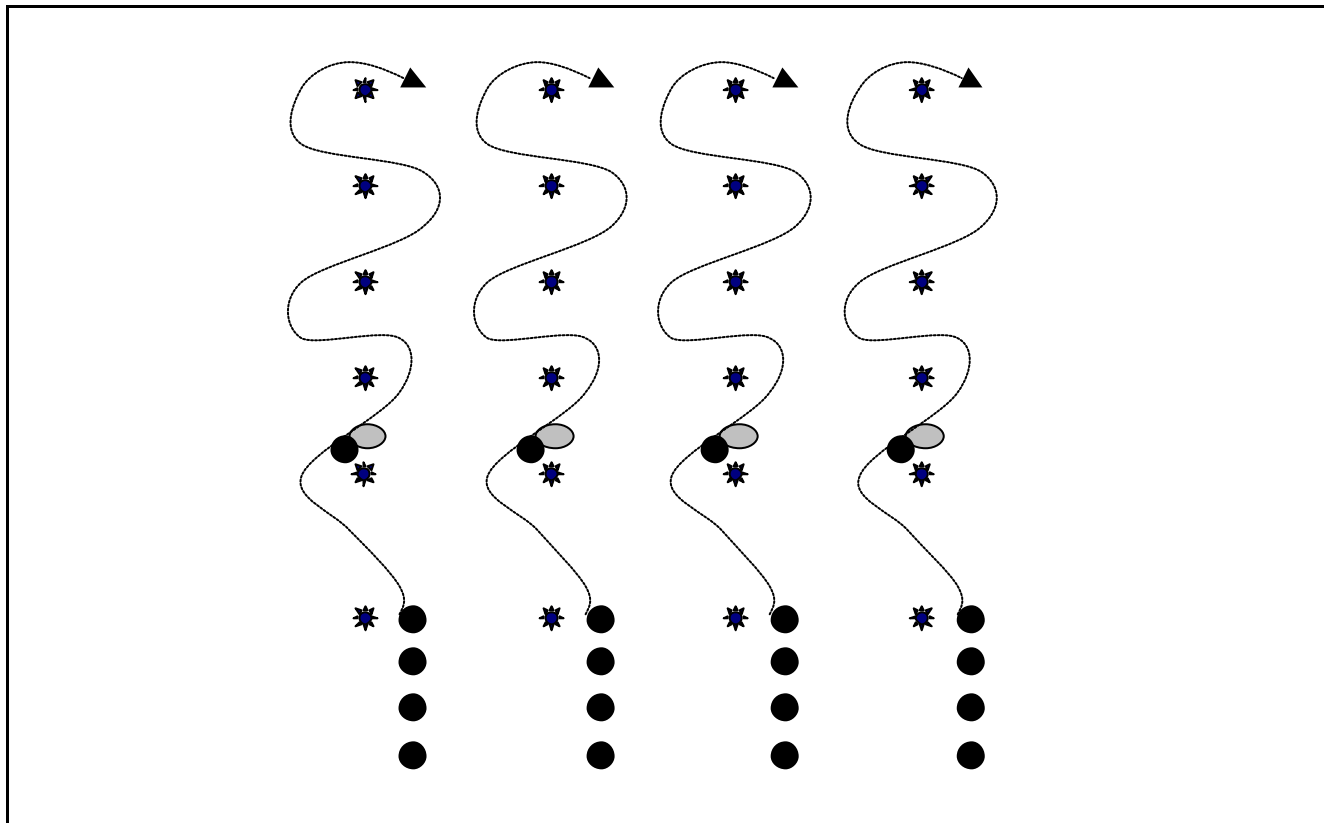


Drill Name		Weaving Race						
Objectives		Improve the agile running of players in the form of a fun-relay race.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
6	Channel	3 x 10	1	5	5			



Description

1. Each team lines up on a start marker. The first player has the ball.
2. On the coach's signal, the first player in each team completes the course by weaving between the cones.
3. At the last cone, the players turn and sprint back in a straight line.
4. When the players reach the start point, the ball is passed to the next player in their team.
5. The race continues until all the players in the team have completed the course.
6. The team to complete the race first are the winners (sitting down or hands on heads).

Progression

1. Place ball on ground, after the second cone. The players must pick the ball up on their way up the course, and place it on the ground again when they return
2. Start teams at both ends
3. Weave on return – i.e. instead of sprint.
4. Spread cones to make course more challenging

Set-Up

1. Layout cones for player to weave around. One set of cones per team.
2. Organise players in to teams of 5.
3. One ball per team.
4. For a bit of extra fun, get parents/coaches to take up positions on the cones.

Key Factors

1. Balance, pace.
2. Use of body weight to swerve around the cones.
3. Hold ball in both hands
4. Place ball on ground – no drop