

10U/12U PHASE I - RUNNING & JUMPING

RELAY RACE

SETUP

- Divide players into two equal groups.
- Set up two cones 20 feet apart from each other.

① MOVEMENT

- Players sprint to touch cone #2, sprint back through cone #1, high five next player in line to initiate their turn.
- First team to get all players across start line wins.

Be creative and have them sprint forward, backward, laterally, skip, carioca...



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