

prime Coaching

8.5

• Hockey target knockdown •

Each team needs: 1 stick and ball, 3 witch hats, 8 cones

- Make a **tunnel path** with cones, leading up to a wall 3-4 meters away which has 3 targets.
- Dribble the ball as fast as you can straight through to the end of the tunnel then **drag** it.
- **Knockdown** the ball to try to knockdown a target (1 attempt) then dribble the ball back. Keep going until your team has knocked down all the targets.

8.6

• Keep the ball up, then bounce in the hoop •

Each team needs: 1 racquet and ball, 1 hoop

1. Walk out a hoop at the other end about 10-15 meters out.
1. Walk and hit the ball up in the air with your racquet to the hoop, try to not let the ball hit the ground.
2. At the hoop, **catch** the ball on the ground with your racquet 5 times.
3. Run back with the ball and racquet.

8.7

• Bounce and hit the ball against the wall •

Each team needs: 1 racquet and ball, 1 cone

1. Run up to the cone with your ball and racquet, then bounce the ball then hit it against the wall 3 times.
2. Run back to the start.

Keep your eyes on the ball, wait until it has bounced, and then swing the racquet from **low to high**.

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8.8

• Bean bag balancing and tossing •

Each team needs: 1 stick and ball, 4 hurdles, 1 cone

- Put out the hurdles in a wavy line with a cone at the end.
- Dribble the ball through/underneath the hurdles to the end cone.
- Dribble straight back down to the start.
- Use **small coaches** to control the ball through the hurdles.

8.9

• Hoop dribbling through the hurdles •

Each team needs: 1 racquet, 1 bean bag each, 1 hoop, 1 cone

1. Put a cone about 10 meters out, and a hoop 3 meters in front of the cone.
1. **Balance** your bean bag on your racquet and run up to the cone.
2. From the cone, **pass** the bean bag using your racquet into the hoop.
3. If you get the bean bag in the hoop, leave it and run back - You get up to 3 chances to get it in.

The first team to all have a go wins.

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8.10

• Bean bag balancing •

Each team needs: 1 hoop, 1 bean bag for each player, 1 cone

- Put a hoop at the other end (around 10-15 meters out), and each player has a bean bag.
- 1. Balance the bean bag on your head and walk to the hoop - If you drop the bean bag, put it back on.
- 2. Drop the bean bag into the hoop and then run back to the start.

Use big **airplane arms** to help you balance, putting your arms out straight to the side.

8.11

• Crab and bear walking •

Each team needs: 1 witch hat

1. Put out a witch hat as an end marker about 10 meters out.
1. **Crab** walk up to the witch hat cone (on all 4's, bellies facing the sky/ground).
2. **Bear** walk back to the start (on all 4's bellies facing the ground).

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8.12

• Zig-zag sprinting •

Each team needs: 1 witch hat, 1 hoop, 1 bean bag for each player

1. Run up to and touch the 1st witch hat, then 2nd then 3rd... going all the way to last witch hat.
2. Run the hoop, pick up 1 bean bag and the run back to the start.

The first team to have everyone collect their bean bag and bring it back wins.

8.13

• Jumping with the ball between legs •

Each team needs: 1 cone, 1 ball

1. Put the ball between your legs and jump all the way to the cone and back. If you drop the ball, pick it up and put it back between your legs.

Swing your arms to help you jump further.

8.14

• Hop through the hoops •

Each team needs: 1 witch hat, 1 hoop, 1 cone

- Make a zig-zag line of 6 hoops, with a small gap in between each hoop, up to an end cone.
- 1. Hop up your right leg from hoop to hoop all the way to the end.
- 2. Then hop up your left leg back through the hoops to the start.

Band your knees and swing your arms to help you jump further and higher.

25 easy to set up relay races.

8.15

• Dribble through the gates •

Each team needs: 1 ball, 10 cones, 1 end cone

- Layout 4 pairs of cones (to make 'gates') in a line with an end cone.
- 1. Dribble the ball through the cones (gates).

8.16

• Bounce and body wraps •

Each team needs: 1 ball, 1 cone

1. In the hoop, ball the ball around your waist 5 times, then dribble back using your left hand.
2. Bounce the ball using your **fingertips**.

8.17

• Avoid the cones •

Each team needs: 1 ball, 10 cones, 1 end cone

- Lay out 10 cones in a line with an end cone.
- 1. Dribble through and avoid the cones to the end.
- 2. If your ball touches a cone, you must stop and put the ball around your waist cone.
- 3. Dribble back through the cones against to the start.

Bounce the ball **below your waist**, and keep it close to you.

8.18

• Weave in and out then shoot •

Each team needs: 1 ball, 1 hoop, 1 cone

- Lay out a straight line of cones leading up to a basketball hoop/net.
- 1. Dribble in and out of the cones to the last cone.
- 2. Have 2 go shooting the ball into the net, then dribble back to the start.

Step and **push** the ball high into the hoop with 2 hands.

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8.19

• Chest pass against the wall •

Each team needs: 1 ball, 1 hoop, 1 cone

1. Put a hoop out, and have it 2 meters in front of a wall with a ball in it.
1. Run to the hoop, pick up the ball, then **chest pass** against the wall and catch it 3 times.
2. Put the ball back in the hoop then run back.

When chest passing, hold the ball with 2 hands and step and push the ball out.

8.20

• Throw, clap and catch •

Each team needs: 1 ball, 1 hoop, 2 cones

1. Put out 2 cones, each with a ball on top, and a hoop at the end with a ball in it.
1. At each cone, pick up the ball, throw it up in the air, **clap** 3 times, then catch it - (put each ball back).
2. At the hoop, throw the ball as high as you can and then catch it, put it back down then run back.

Keep your eyes on the ball and move your hands underneath the ball when catching.

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8.21

• Throw beans bags in the hoop •

Each team needs: 1 ball, 1 hoop, 1 cone, 1 witch hat

1. Put the bean bags in a hoop in front of the team, then a cone ahead with a hoop 3-4 meters in front of it.
1. Run to the 1st hoop to pick up a bean bag, then run to the cone and underneath throw it into the hoop.
2. If you get the bean bag in the hoop, leave it and run back - You get up to 3 chances to get it in.

Point to your target and then step and **swing** your arm when underarm throwing.

8.22

• Overarm throw and catch •

Each team needs: 1 ball, 1 hoop, 1 cone, 1 witch hat, 1 hoop

1. Put a hoop at the end and a player standing in it, with a witch hat cone 3 meters in front of it.
1. Run up to the ball with the witch hat cone, and throw the ball to the player in the hoop to catch it.
2. The catcher (in the hoop) catches the ball and runs back to the start with the ball.
3. The thrower then goes to stand in the hoop, to become the catcher for the next player.

The first team to have everyone have a turn as the catcher wins.

8.23

• 1 handed catch, and spin and catch •

Each team needs: 1 ball, 1 hoop, 1 cone, 1 witch hat, 1 hoop

1. Put a hoop at the end with a ball in it, and a cone halfway with a bean bag next to it.
1. Run up to the cone, pick up the bean bag, throw it in the air and catch it with 1 hand.
2. Then run to the hoop, pick up the ball, throw it up in the air, **spin around** then catch it.
3. Run back to the start, making sure you leave the bean bag at the cone and ball at the hoop.

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8.24

• Zig-zag in & out •

Each team needs: 1 ball, 1 cone, 1 hoop

1. Make a zig-zag line of 7 cones.
1. Dribble the ball in and out around each cone to the last cone.
2. Dribble straight back to the start.

Use your feet only, and keep the ball **close** to you.

8.25

• Dribble around the witch hat •

Each team needs: 1 ball, 1 witch hat, 1 cone

1. Put an end cone 10-15 meters away, with a witch hat in the middle.
1. Dribble the ball up to the witch hat, then **dribble around** it once, then up to the end.
2. Dribble back to the witch hat and around it again, then back to the start.

Use **small coaches** to control the ball around the witch hat.

prime Coaching

8.26

• Tunnel dribble & target knockdown •

Each team needs: 1 ball, 1 cone, 3 witch hats

- Make a tunnel path with cones, leading up to a wall 3-4 meters away which has 3 targets.
- 1. Dribble the ball as fast as you can straight through to the end of the tunnel then **drag** it.
- 2. Kick the ball to try to knockdown a target (1 attempt) then dribble the ball back.

Keep going until your team has knocked down all the targets.

8.27

• Weave in and out & toe tap •

Each team needs: 1 ball, 1 cone, 1 hoop

1. Mark out a straight line of 6 cones, with a hoop at the end.
1. Dribble in and out of the cones without touching them, up to the hoop.
2. At the hoop, **tap** the ball with your foot 10 times, switching foot each tap.
3. Dribble straight back.

8.28

• Punt to the line •

Each team needs: 1 ball, 2 cones

1. Drop kick/punt the ball towards the end line.
2. Keep picking up the ball and kicking it until it reaches the end line, then run back with it.

Hold the ball out with 2 hands, **drop** it, then kick it before it hits the ground.



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