



- 1) Create a square with pylon discs big enough so all players can participate.
- 2) Place all ball in the middle of the square randomly spaced apart.
- 3) Have the players run zig zagging around the pylons on the outside of the square.
- 4) Keep them running for about a minute or so and then blow your whistle.
- 5) The players then rush to the middle and put a foot on a ball or sit on their ball, or pick up a ball etc
- 6) Then begin the drill again in the opposite direction.