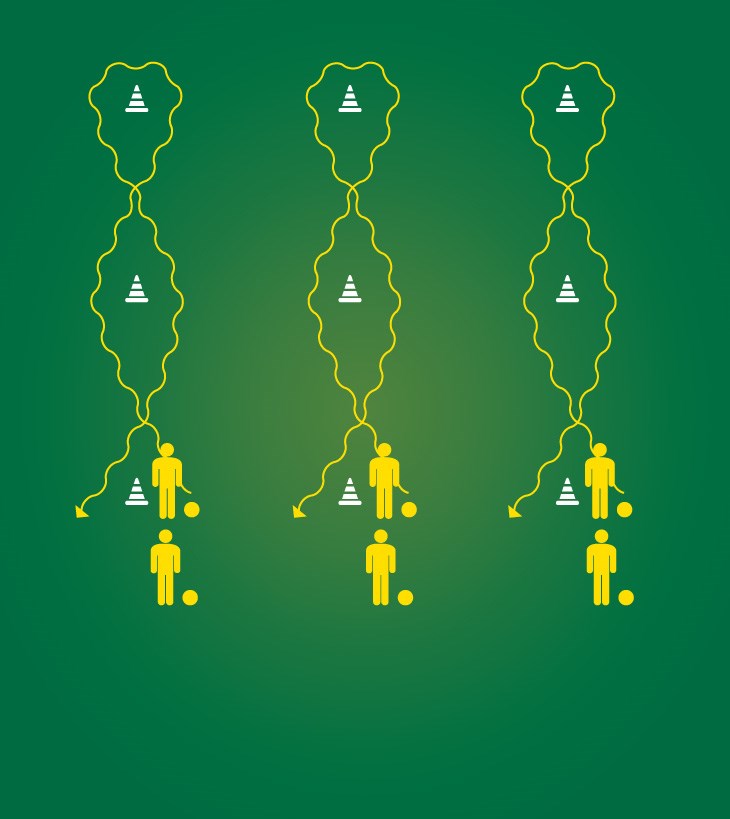
## Beginning: Figure 8 Relay



Each player starts with a ball, and dribbles around the first marker and then the second marker in a figure 8 type direction (as shown in the diagram)

Upon returning to the starting point, the next player starts the same pattern with their own ball

### Progression

- Players to use their right foot only

- Players to use their left foot only

- Players to use the inside of their foot only

- Players to use the outside of their foot only

- Each group to use one ball only, where the ball is exchanged at each end upon  
  completing the figure 8