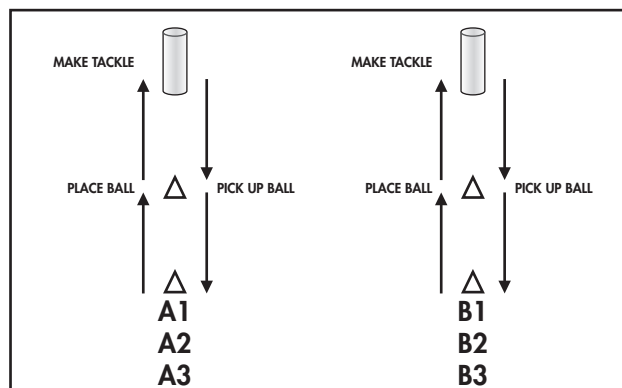


Name: Ball In Hand Relay

Drill Explanation

- Stage 1. On whistle A1 & B1 sprint with ball in two hands around far cone
- Stage 2. When they get back to starting point they pop the pass to the next player then move to the back of the line



Name: Place, Tackle, Pick & Pop Relay

Drill Explanation

- Stage 1. On whistle A1 & B1 sprint with ball in two hands and place the ball at first cone
- Stage 2. Next they execute a tackle on the tackle bag
- Stage 3. After tackle is made A1 & B1 sprint back to ball, pick up the ball & run back to the start popping the ball to A2 & B2
- Stage 4. Process begins again
- Stage 5. Relay race until all players have completed the circuit