



Dummy-Half Relay

Equipment required:

4 markers, 1 x football between 3 players

Aim:

For players to work on their dummy half passing skills in a competitive environment

Action:

2 players are positioned opposite each other 5m apart. The third player acts as a dummy half. The two players play the ball for the dummy half who runs back and forth between the 5m grid passing to the opposite player after having the ball played. This is a time-based activity with the number of passes accumulated in a certain timeframe determines who the winner is. Players can compete amongst the 3 players in their group and also amongst other groups of 3.

