

## The Rules

Place a large cone or pole at one end of each channel. The players are divided into two teams and start at the opposite end.

The first player dribbles a ball up the channel, around the cone, and back to their team mates.

The starting player then links arms with the second player on their team and they dribble the ball up the channel, around the cone, and back to their team mates.

Each time an extra player joins the chain gang until all the players are in the chain.

The whole team must negotiate the course and the turn without breaking and keeping their ball under control.

If at any time the chain breaks they must start again from the line without adding an extra link.

## Main Objectives

Teamwork, strength, balance.

## Set Up

Area: 40x30 yards divided into two 40x15 yard channels  
 Players: 12, 2 teams of 6  
 Equipment: Cones, 2 balls

## What To Call Out

"Keep the ball close"  
 "Don't break the chain"  
 "Work together"

## Progression

All players have to dribble a ball with them when they join the chain.

## Hint

Play best of three or five races and change the starting player as they must work harder.

