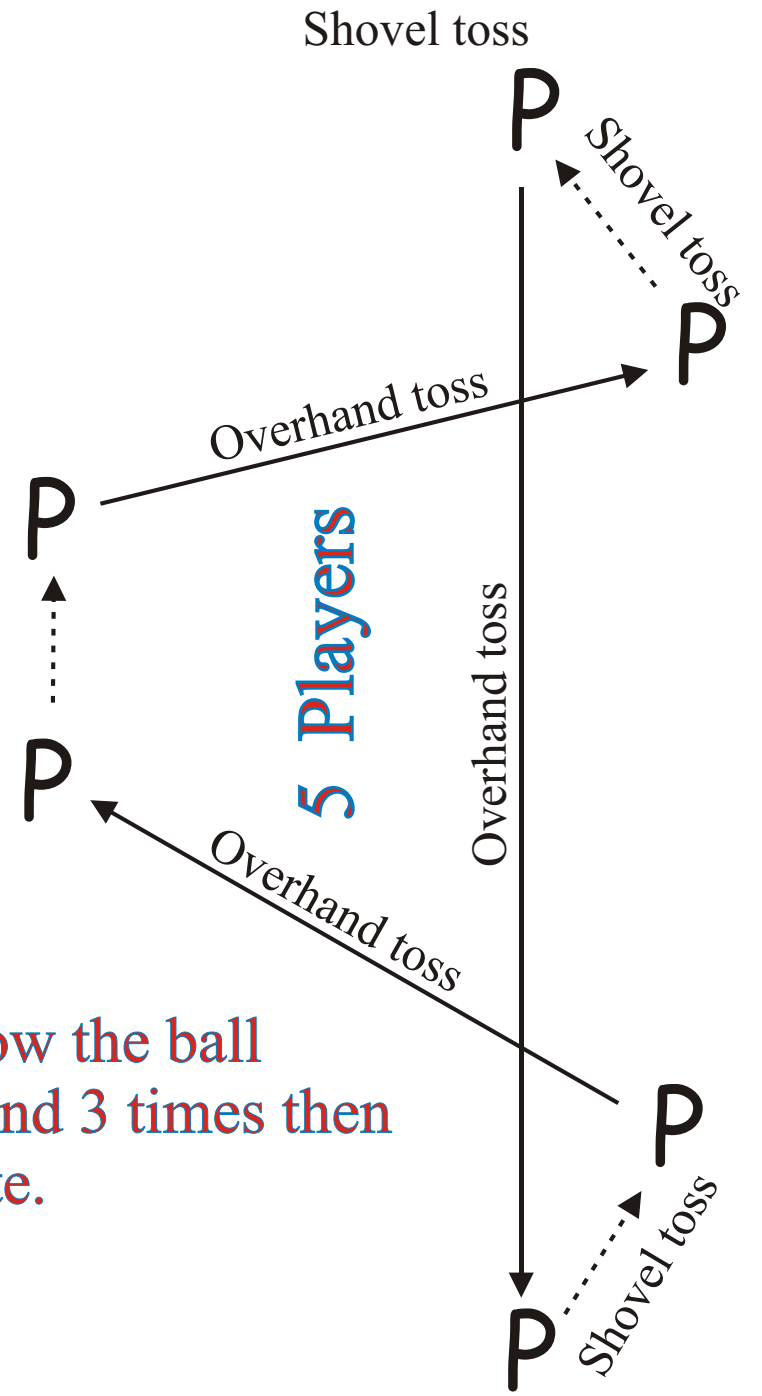
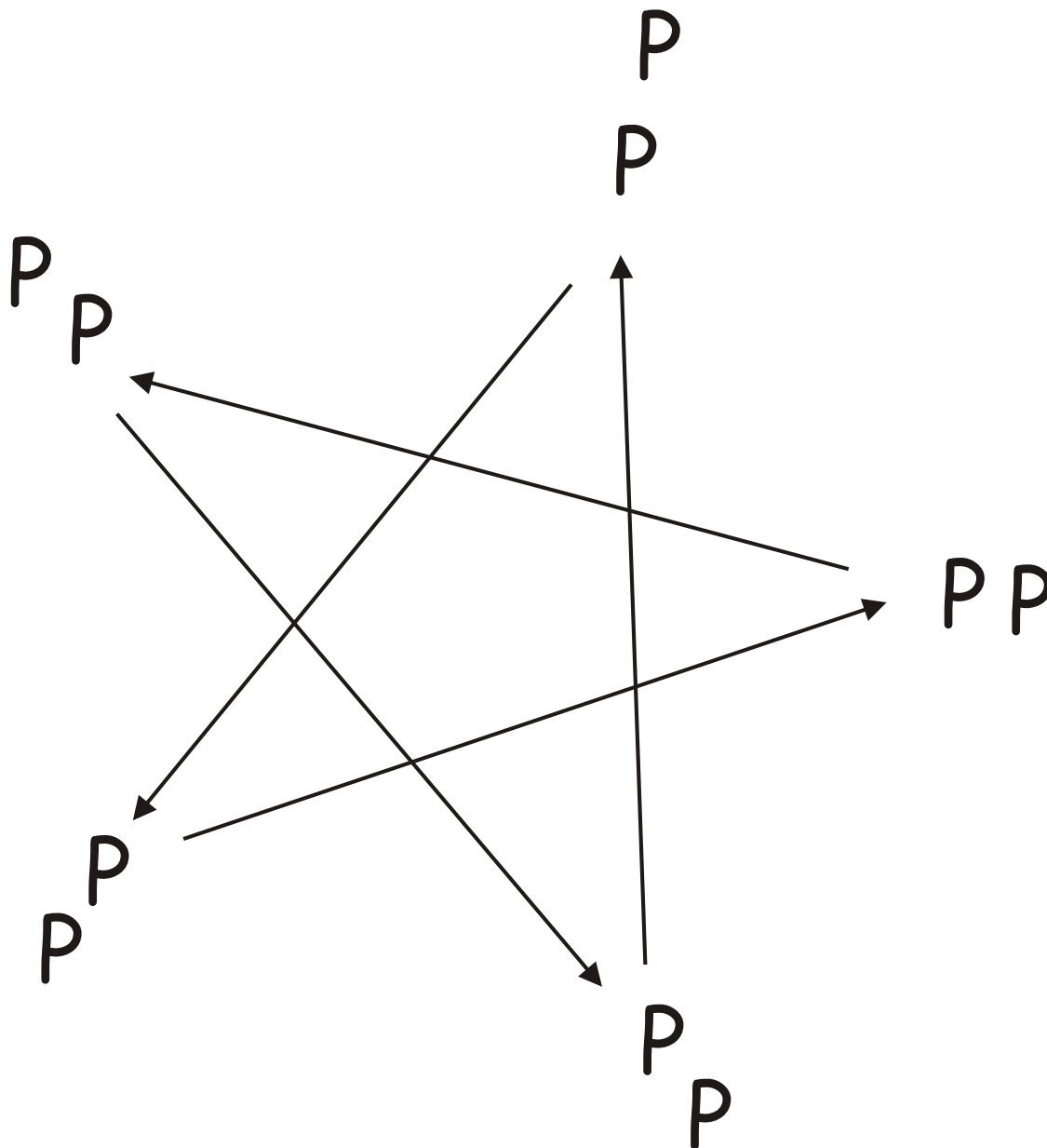


Throw the ball
around 3 times then
rotate.



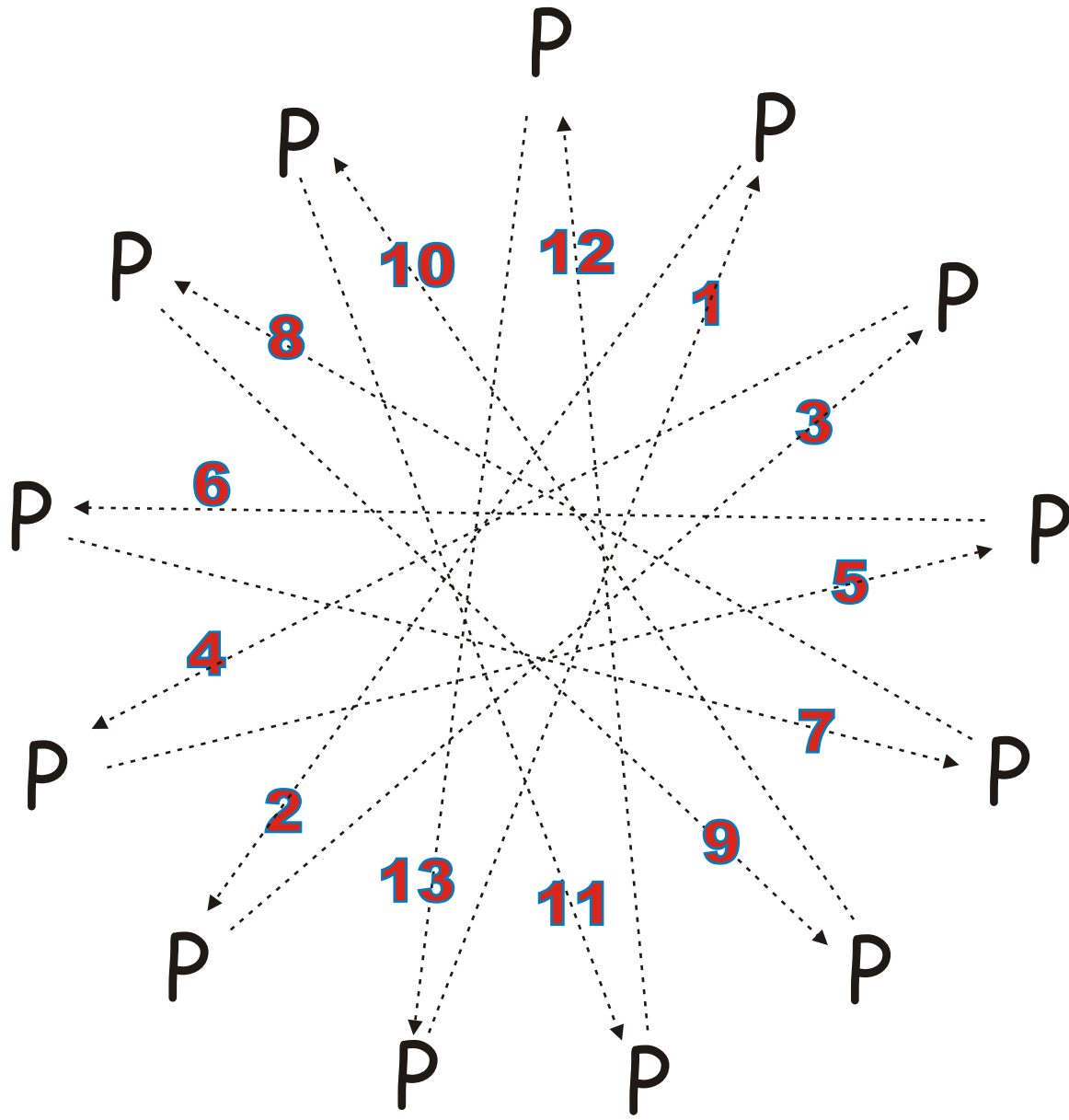
After the relay is returned to Player 1, P1 takes the place of P3 and the others move up one position. P1 shovels the ball up and lets P2 run into it and P2 goes to position P1



Can be done with 2 balls.

Can be done with running.

1. Player throws the ball.
2. Player sprints to the back of the line that she threw the ball.



Shovel throw the ball counter clockwise and see how many balls you can get into the circle.

1. If the ball is dropped, let it go. There is another one coming behind it.
2. Keep the same rythm or the balls will collide in the middle.