

OVER/UNDER RELAY



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The Goal:

Move from the start to finish by passing an invisible ball over and under with teammates, and then running to the front of the line.

What You Need:

Cones to create start and finish lines.

How To Play:

- Create teams of 3-4 racers. Racers form a line with everyone 6-feet apart, feet shoulder-width apart, facing the starting line (back to the finish line).
- On the start signal, Racer 1 passes the invisible ball over head to Racer 2 (OVER). As soon as the ball is passed, Racer 1 runs to the front (toward the finish line).
- Racer 2 now passes the invisible ball to Racer 3 by hiking it between their legs (UNDER). After the pass, Racer 2 quickly runs to the front of the line.
- Racer 3 continues with an OVERhead pass and the pattern continues until one racer crosses the finish line.



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