

LEG PASS RELAY



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The Goal:

Move from the start to finish by passing an invisible ball from feet, to hands, to teammate's feet.

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 lying on their backs, legs and arms stretches out straight.
- On the start signal, Racer 1 moves invisible ball from between their feet, up to their hands, and then reaching back to Racer 2's feet. As soon as the ball is passed, Racer 1 runs to the front (toward the finish line) and then lies back down.
- Racer 2 now passes the invisible ball to Racer 3 with the same motion. After the pass, Racer 2 quickly runs to the front of the line and then lies back down.
- Racer 3 continues and the pattern continues until one racer crosses the finish line.



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