

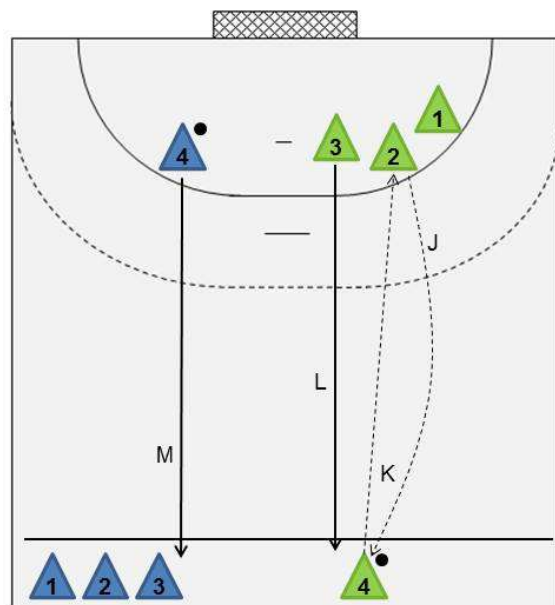
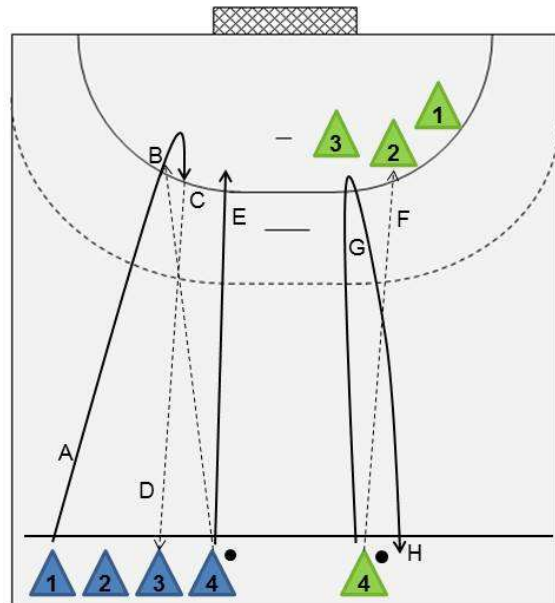
No. 43	Sprint relay race with passing	8	★★
Equipment required:	2 handballs		

Setting:

- Make 2 teams with one handball each.
- The players of both teams line up behind the center line.

Course:

- On command, one player per team sprints into the 6-meter zone (A).
- Once he has arrived in the 6-meter zone, he receives a pass (B) and plays a return pass immediately (C).
- As soon as the ball has come back to the center line (D), the players repeat the course and the next player sprints etc.
- Once the last player has the ball, he passes it back to his teammate in the 6-meter zone (F), sprints, steps into the 6-meter zone with one foot, and immediately sprints back to the center line (G).
- As soon as he has arrived, he receives a pass (J) and plays a return pass immediately (K).
- The next player sprints to the center, receives a pass, and passes back into the 6-meter zone.
- Repeat the course until it is the last player's turn. Once he has the ball, he dribbles back and crosses the center line.
- Which team is the fastest?



Define an exercise for the losing team before the game.