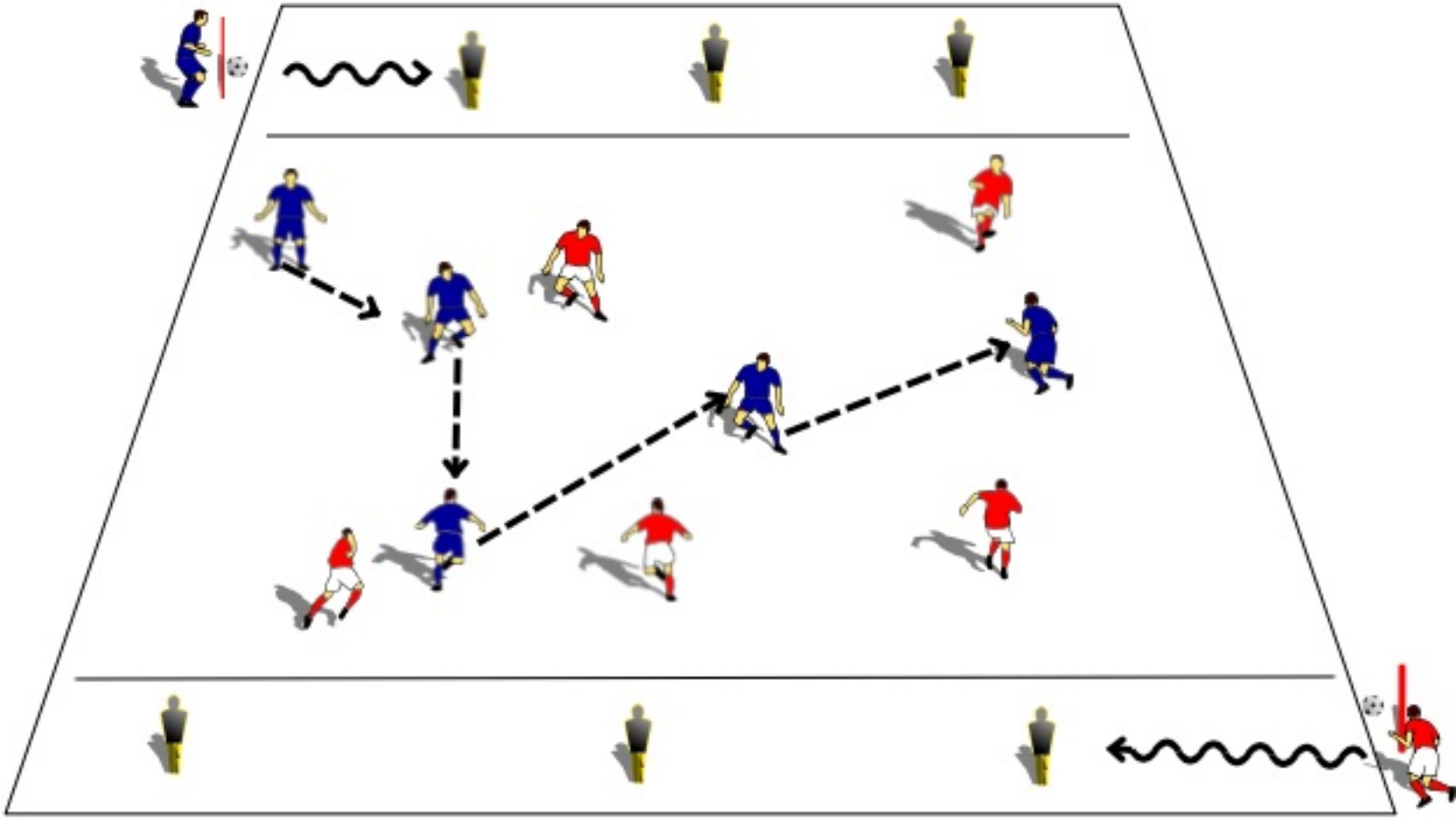

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25x25 box with two 3 yard channels each end. Mannequins or poles as shown. Play in the middle zone is 5v5 with 1 from either team starting at the poles as shown. Possession game in the 5v5 and a constant relay driving at each mannequin, turning and driving round the pole until all mannequins have been rounded, straight back into the 5v5 and next player in line sprints out and begins the relay.