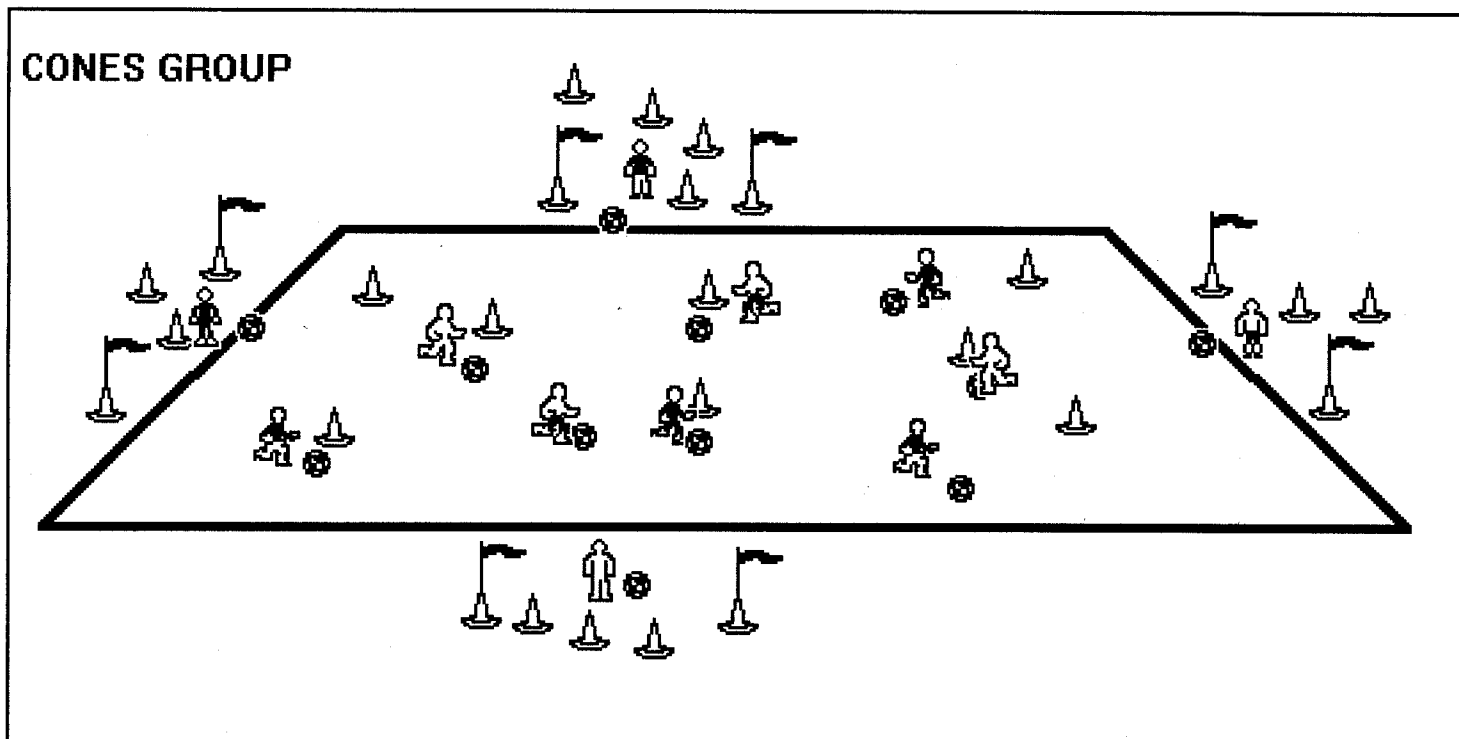


CONES GROUP



CONES GROUP

Start with four teams with equal numbers of players. Set up four home bases on each side of the rectangular space. Spread cones over the field as in the first game. Each player must have a ball. All players start at their home base. On command they dribble out and pick up one cone at a time and bring it back to their home base. Team with most cones is the winner.

COACHING POINTS:

1. Make sure players are controlling the ball while moving.
2. This activity is much like the first game but now players are working for the collective good of the group.
3. Encourage players to bend low when changing directions.
4. Encourage players to move as fast as possible.

TRY THESE VARIATIONS:

1. Can only dribble with inside of foot, outside of foot.
2. Try playing game in which players can only move and dribble backwards. This will help with overall coordination and peripheral vision.