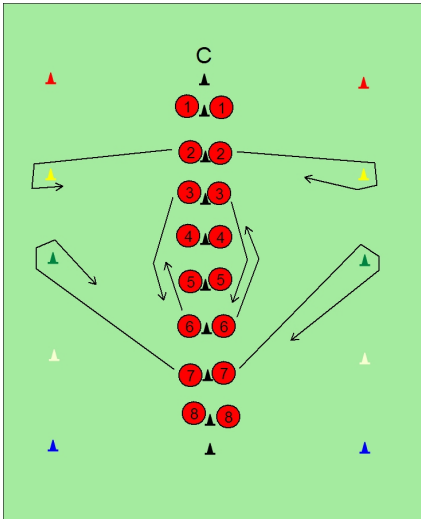**All change**

How it works
Players stand next to each other in pairs in the middle of a large playing area. Each pair stands either side of a cone and is given a number or the name of a soccer team.

The coach gives the following instructions for players to follow:

All change - the partners swap quickly from one side of the middle cone to the other;
Two Yellow - (or any other number followed by a colour)Number 2 pair both run round the yellow cones and back to the middle;
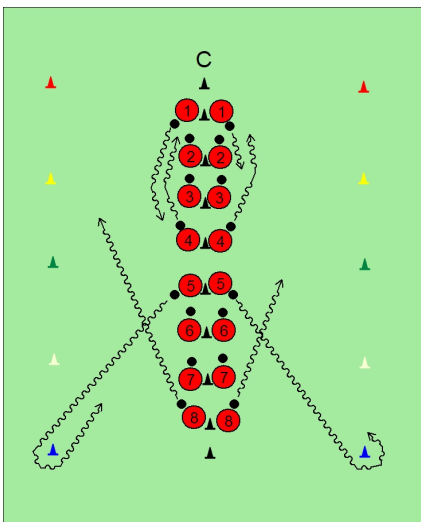**Seven Green** - Number 7 pair both run round the green cones and back to the middle;
Three and Six - (or any other two numbers together) Pairs 3 and 6 swap places (though still keeping the same number or name);
All round - all the pairs turn around to face the opposite direction;

Roundabout - all the pairs have to follow the front pair in 'follow the leader' style jogging all the way round the side cones and back to the places they started in.

Introduce the instructions more gradually depending on the age and experience of the players. (Warn players to be careful when returning to the middle in order to prevent collisions).

Players then get a ball each and the coach gives the following instructions for players to follow:
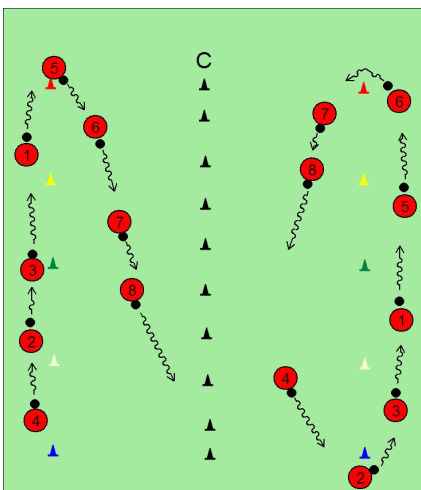
All change - the partners swap quickly from one side of the middle cone to the other;
Five Blue - (or any other number followed by a colour) Number 5 pair both dribble round the blue cones and back to the middle;
Eight Red - Number 8 pair both run round the red cones and back to the middle;
Four and One - (or any other two numbers together) Pairs 4 and 1 swap places (though still keeping the same number or name);
All round - all the pairs turn around to face the opposite direction;

Roundabout - all the pairs have to follow the front pair in 'follow the leader' style dribbling all the way round the side cones and back to the places they started in.

Possible changes
Make up some of your own instructions to follow or add more to really get them thinking.

Speed up and combine different calls to add an extra challenge.