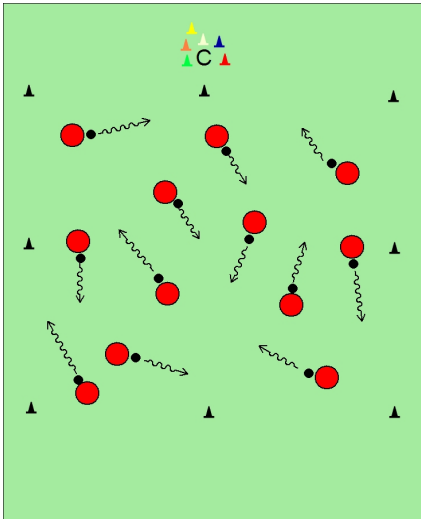




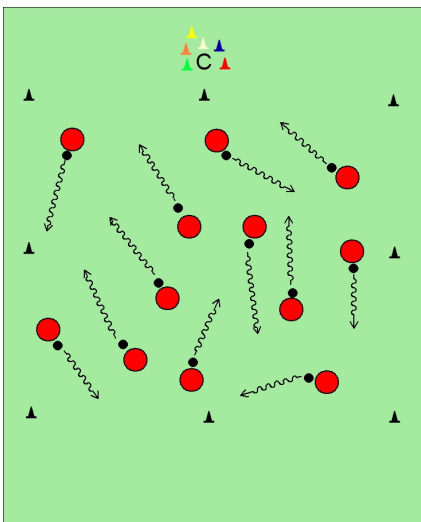
Cone signals



How it works

Players have a ball each and dribble around inside the playing area keeping control of the ball and their heads up.

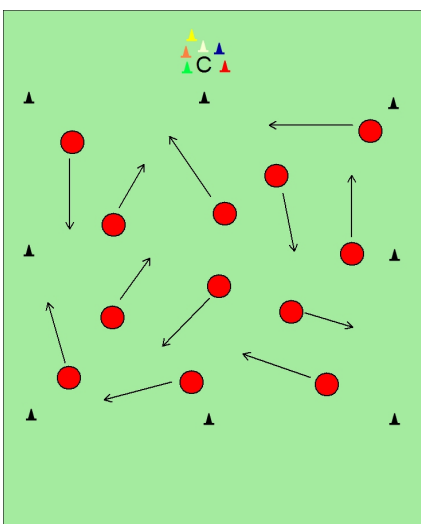
The coach holds up a coloured cone and the players have to perform the skill/instruction that matches that cone. The coach will have to introduce these one at a time and allow the players time to practise.



A few suggestions for skills/instructions are as follows:

- Green** - players dribble freely around the playing area;
- Red** - players stop and put their foot on the ball;
- Orange** - players touch the ball between insteps of both feet without moving;
- White** - players sit on the ball;
- Blue** - players pick up the ball and hold it above their head;
- Yellow** - players use their left foot only.

The possibilities are endless. If you don't have many different coloured cones then use signals or hold up a ball for one skill, a cone for another, wave a bib/pinny for another and so on.



Possible changes

Do it without a ball first as part of a warm-up but just alter the instructions for each coloured cone to actions such as:

- Green** - run/jog freely around the playing area;
- Red** - players stop;
- Orange** - players stop and jog on the spot;
- White** - players run around a cone;
- Blue** - players run and jump up as if to head a ball;
- Yellow** - players stop and lie down.