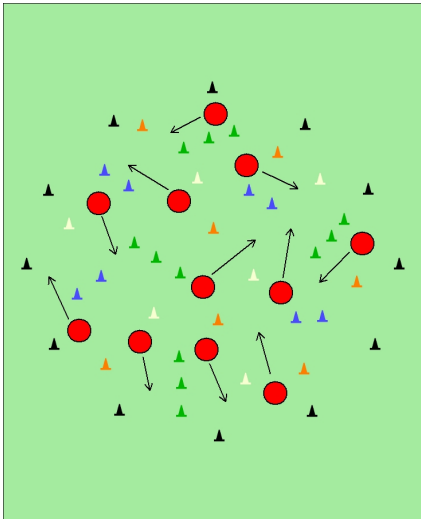




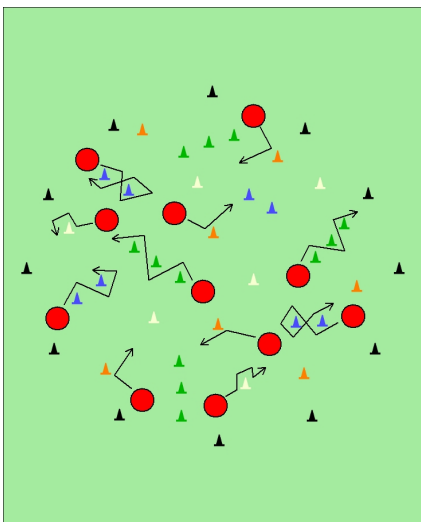
### Cone playground



#### How it works

Different coloured cones are set up in a large area as shown in the diagram.

Firstly, players jog/run around inside the area avoiding all the cones.



The coach then demonstrates an action to do when players arrive at the following colour cones:

**White** - perform a two-footed to two-footed jump over the cone;

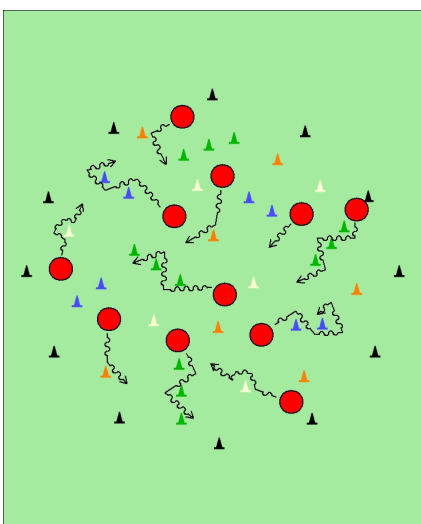
**Orange** - stop and turn quickly in a different direction;

**Blue** - run a figure of eight around the pair of cones;

**Green** - run a zig-zag pattern through the three cones

(If you are doing this practise with younger players you may wish to stop and demonstrate one colour at a time, having them practise just that action before introducing another).

The coach could then call out one or more colours and the players can only go to that/those colour(s) to perform the actions.



Repeat the same practise but this time whilst dribbling a ball.

This time at the white cone, stop the ball and grip it tight between their feet whilst performing a two-footed to two-footed jump over the cone or flick the ball over the cone.

#### Possible changes

Add another colour with a different action or completely change the actions performed.

Demonstrate a specific type of turn to perform at the orange cone or zig-zag through the green cones by pushing the ball with the outside of the left and right feet.

Make it more competitive by earning points for demonstrating particularly good skills.

Do it in pairs, both having a ball or the leader having a ball and changing over at regular intervals.