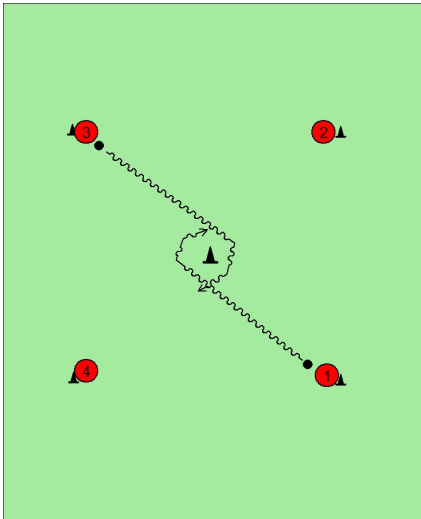




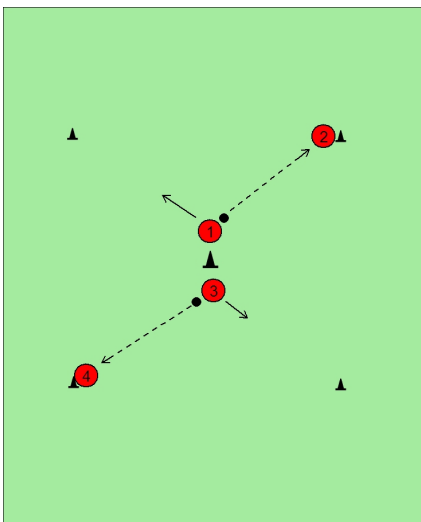
Round the cone



How it works

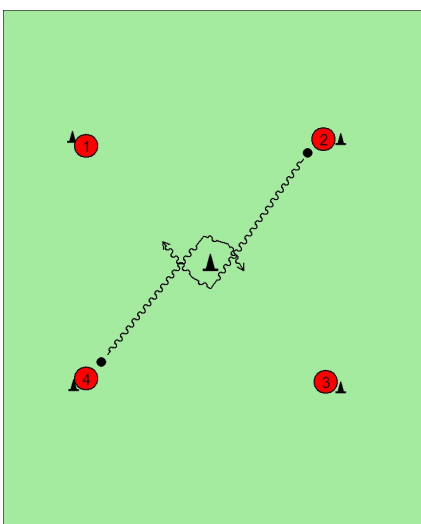
Four players start at each corner of the grid with Player 1 and Player 3 having a ball at their feet.

Player 1 and Player 3 start by dribbling towards the far side of the cone in the middle of the square.



Players 1 and 3 then pass to Players 2 and 4.

After passing the ball they make a run to the opposite corner of the grid from where they started.



Players 2 and 4 must control the ball and then dribble towards the far side of the cone in the middle of the square. They then pass to Players 1 and 3 before making a run to the opposite corner of the grid from where they started.

The drill continues with this repeated passing and moving sequence.

Challenge the players to keep the passing sequence going with no errors for 30 seconds/1 minute. Which group can keep going the longest without an error?

Possible changes

Players 1 and 3 make a similar run around the middle cone but without a ball. They then receive a pass from Players 2 and 4 which they must control and then dribble to the opposite corner. Players 2 and 4 then make a run round the middle cone to receive a pass and so on. Instead of a pass

the players in the corners could feed the ball in the air for players to control using their knee or chest.