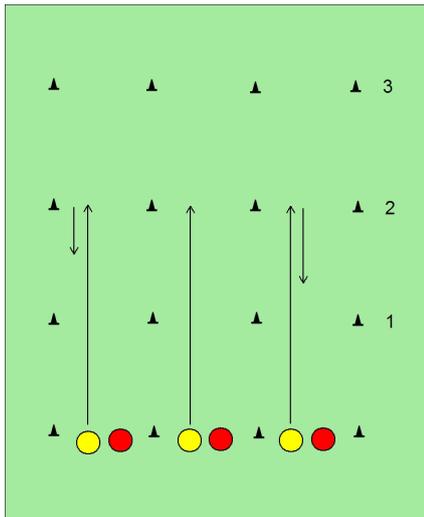




**On the ball**

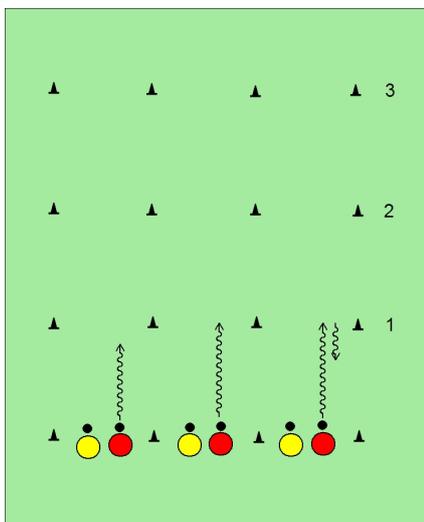


How it works

Players start at one end of a channel with each line of cones given a number by the coach (or use a line of different coloured cones).

The coach calls a colour and a number such as 'Yellow 2.' That player must be 'on the ball' and run to the cone of that number and back to the start. The coach can then continue calling different colours and numbers.

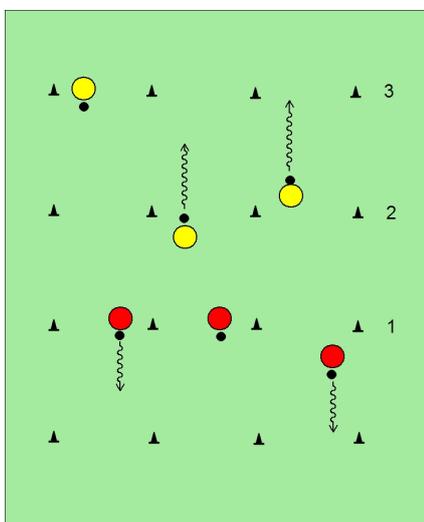
Each numbered cone can then be given an action such as touching both hands to the floor or jumping up to head a pretend ball. For younger players you could add more fun actions such as falling to the ground and screaming as if fouled (as seen on TV) or doing a 'dying fly' by lying on their back and wiggling their arms and legs in the air.



All this can then be repeated with players dribbling a ball.

The same actions can be kept and performed after the ball has been stopped at the line of cones the coach has called.

Then the actions could be changed to include more skills with the ball such as toe taps, a turning move like a drag bag or more advanced skill such as a flick up and keep the ball in the air for 5/10 touches.



The coach can call a colour and number at any time, not waiting for the other colour to finish before doing so.

Possible changes

Both colours could be called at the same time to make it more competitive but beware if they are being asked to perform skills at the numbered cones as players may not do it correctly in their haste to get back first.

There are all sorts of shuttle runs and skills that can be done with this lay-out so be creative.