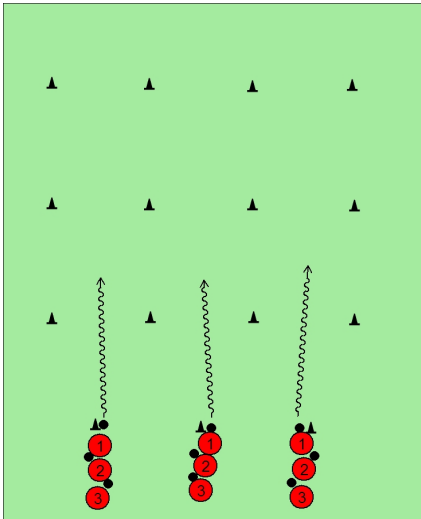




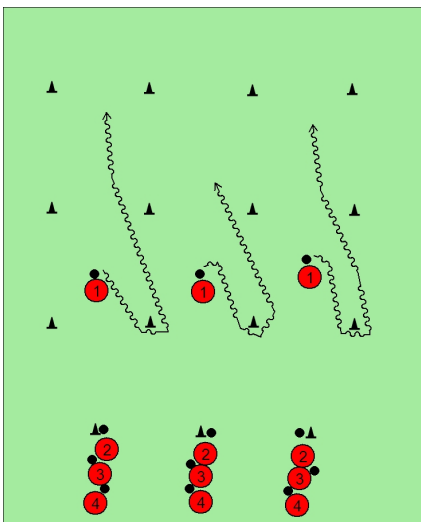
Cone numbers



How it works

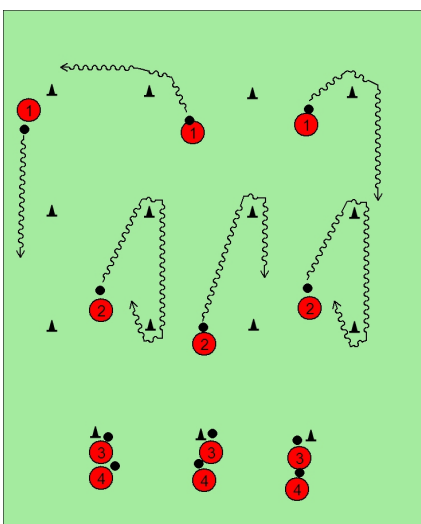
The coach numbers the corner cones of the grid 1 - 4.

On a signal from the coach, Player 1s dribble into a grid at the start of a channel.



As the players enter the grid the coach calls a number. The players must dribble the ball around that cone and then continue to the end of the channel. they then head back around the outside of the channels to rejoin the end of their own line.

The coach then repeats this for other players calling different numbers each time.



Possible changes

As the players get used to the numbers, the coach can challenge players by calling two, three or even four numbers at a time in different combinations. Make sure that players keep their heads up whilst dribbling so they are aware of others.