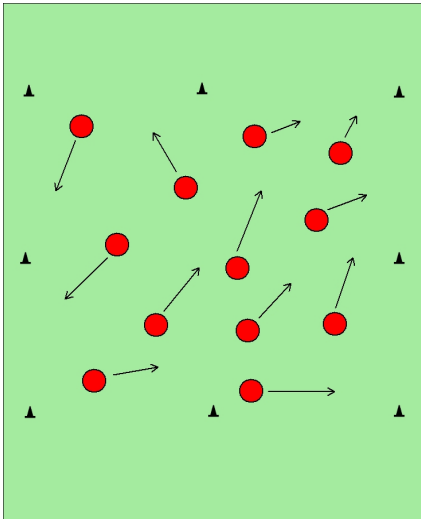




Cone traders



How it works

Each player is given a cone from one of four colours eg. red, blue, yellow and green. Each colour cone has an action associated with it such as:

Red - star jumps;

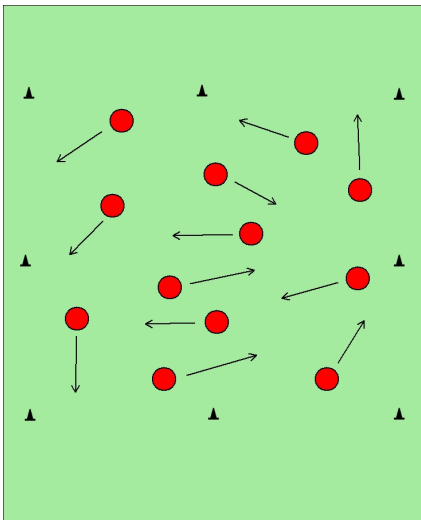
Blue - quick running on the spot;

Yellow - running on the spot lifting knees to touch hands;

Green - sit-ups;

or any other action you want to include.

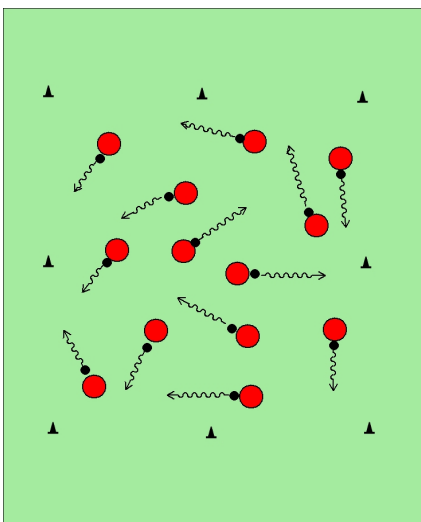
All players jog/run around inside the playing area trying to stay in space.



When the coach shouts a particular colour, the players holding the same colour cone must perform that action.

Players must continue doing the action until another colour is called or until a whistle is blown (or shout 'trade').

When the whistle blows (or 'trade' is called) all players must trade their colour cone with another player who has a different colour. They then continue to jog/run until the coach calls another colour.



Players now dribble a ball but still hold a coloured cone.

The colours now have a different associated action as follows:

Red - alternate toe taps on top of the ball;

Blue - touch the ball between the insteps of both feet without moving around;

Yellow - drop the ball onto a knee and catch;

Green - head the ball and catch;

or any other action you want to include.

The practise continues as before with the coach shouting out different colours and blowing the whistle for players to trade cones.