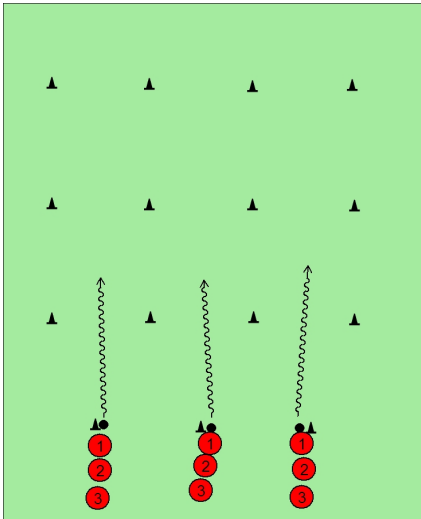




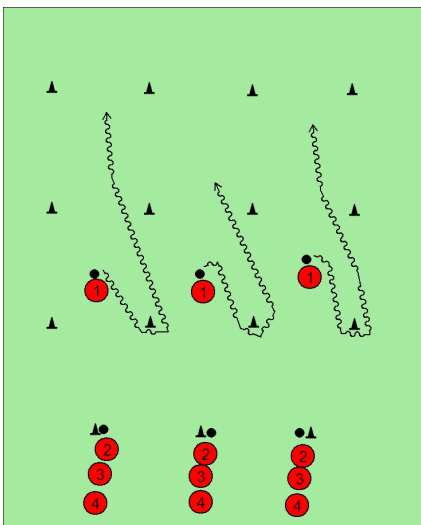
Cone numbers



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 10 x 10 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 and back around to the end of their own line.

Coach 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 2, 3 or even 4 numbers at a time.

Players need to be aware of others at all times.