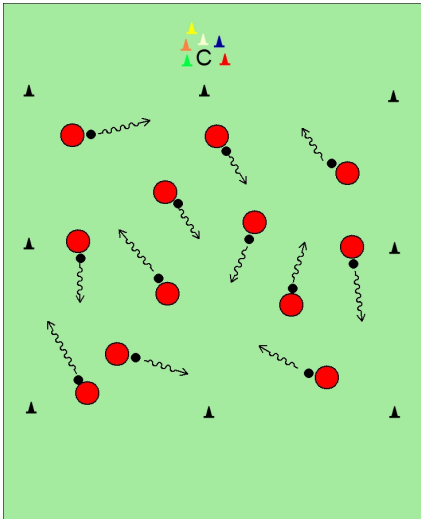




### Cone signals



#### How it works

Players have a ball each and dribble around the playing area keeping control of the ball and their heads up.

Coach holds up a coloured cone and the players have to perform the skill/instruction that matches that cone. The coach will have to introduce these one at a time and allow the players time to practise.

A few suggestions for skills/instructions are as follows:

**Green** - players dribble around area

**Red** - players stop and put foot on the ball

**Orange** - players touch ball between insteps of both feet without moving

**White** - players sit on the ball

**Blue** - players pick up the ball and hold it above their head

**Yellow** - players use left foot only.

The possibilities are endless.

If you don't have many different coloured cones then use signals or hold up a ball for one skill, a cone for another, wave a bib/pinny for another and so on.