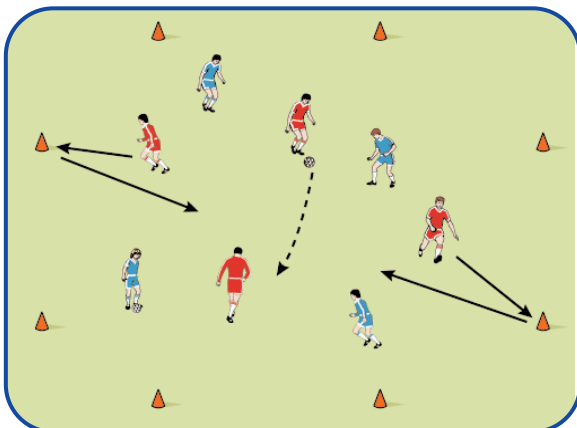


Touch the Cones



Implications for the Game

Technical

- Dribbling
- Passing
- Receiving
- Heading
- Shooting under game speed and pressure

Physical

- All the physical demands of a game
- Short and long distance running
- Changing direction
- Fighting for balls, etc

Tactical

- Running in and out of support of the ball

Social/Psychological

- Provides opportunities for equal participation, particularly if you have a few players who have a tendency to dominate the play

Activity Organization:

Work with two teams of 6-9 players, with one ball (OK to use more) and 10-20 cones.

Play on a half or full field, depending on the size of your team and age of your players. Place the cones evenly on the side and end lines around the field.

Play a normal small-sided game to goals. Each time a player passes a ball, they must run and touch a cone and then they can run back to the ball. It can be the closest one or the furthest one.

This is a great game for reducing the 'bee-hive' effect.

Related Activities

- Many Goals
- Balls Galore
- Four Corners