



Square Measurements

Each cone is 4 "Walking Steps apart in the Square"

The White cone where the players start is 1 Step from the centre of the bottom 2 cones.

The White Cone where the coach stands is 2 Steps from the centre of the top 2 cones.

The Runs are numbered in order for the players to follow through the square

Players are not to turn their Back on the coach as he stands at the top White Cone

Progression 1

Coach can change the pattern of Runs for the players by calling the pattern to the players. This will challenge their concentration and memory.

The coach can call 4 cones, 3 cones or 2 cones for the players to follow.

Progression 2

Coach can introduce the ball into this exercise when he/she feel players are ready.

Coach must be patient and apply skills which suit the age profile of the players.

Coaches

Please note that this exercise can be incorporated into your session for approx 10 min at the start of during the session