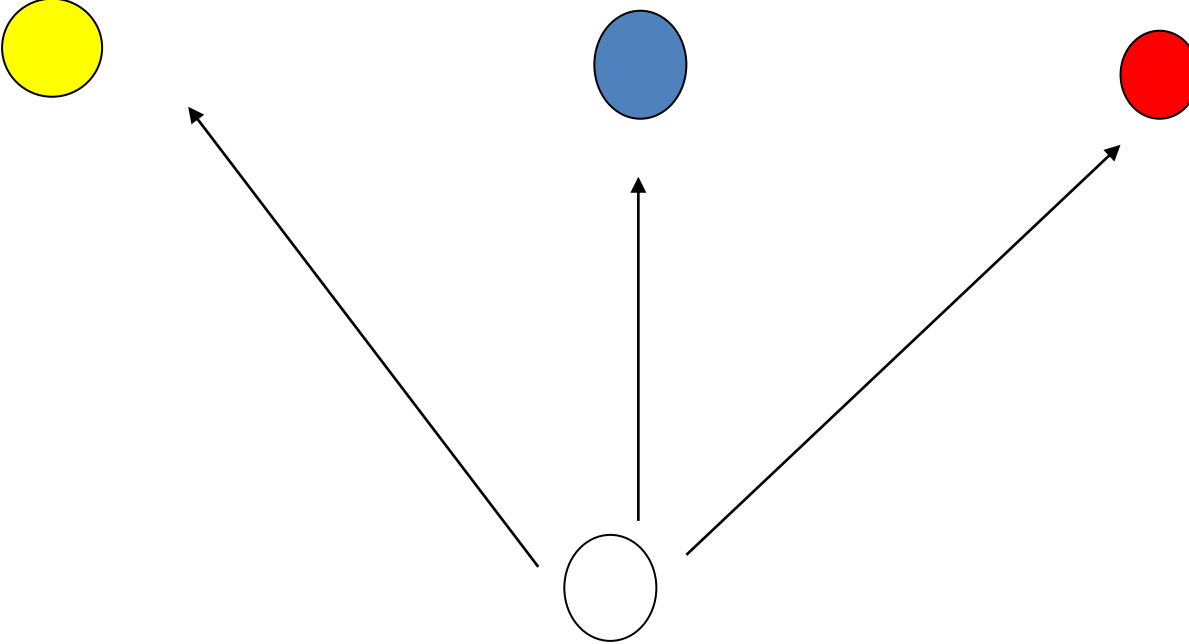
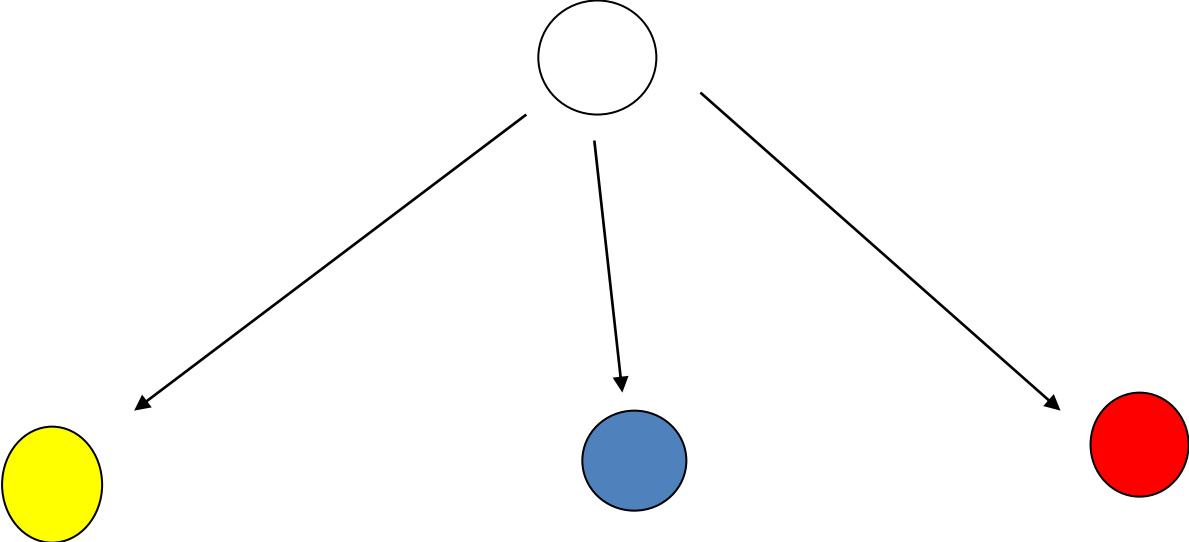


Players



Players

Coach sets up Cones as above

Yellow Red and Blue are 2/3 "walking steps apart".

White cones are 2 Walking steps away from the Centre Blue Cone.

White cone are where the players start each run from.

Coach can call a cone he wants the players to run to.

Each player must run forwards to the cone called and backwards to the white cone.

Progressions 1

Coach calls 2 colours for the players to run to. Each time the player goes to the first cone called they must come back to white to get to the next colour.

Progressions 2

Coach can call 3 colours for the players to run to. Again coach must make sure the players come back to the White cone each time.

Progression 3

Coach sets up a game of follow the leader. He/ She appoints a leader and the player opposite must react and touch each of the cone the leader touches.

Coach can change leader 2nd time players have to run.

Progressions 4

Coach stands behind one of the players and show the other player a coloured cone (Yellow Red or Blue)

When this player moves the opposite player must react to his movement and touch the same cone. Again coach can rotate leader and follower.

This is a high intensity drill and coaches must be aware that player cannot sustain efforts for too long in this drill.

