



SKILL

Protecting the ball and aggression

SET UP

4 cones. Players are split into 2 teams lining up at the end cones which are 10 yards apart. Coach stand on the side with all the balls.

HOW TO

On go the coach plays a ball into the center. The first player from each line enters and tries to win possession of the ball and dribble it to a cone and stop it close to that cone. Point system is 1 point - cone player came from, 2 points - side cones and 3 points - cone opposing team came from. Play to 12 points.