

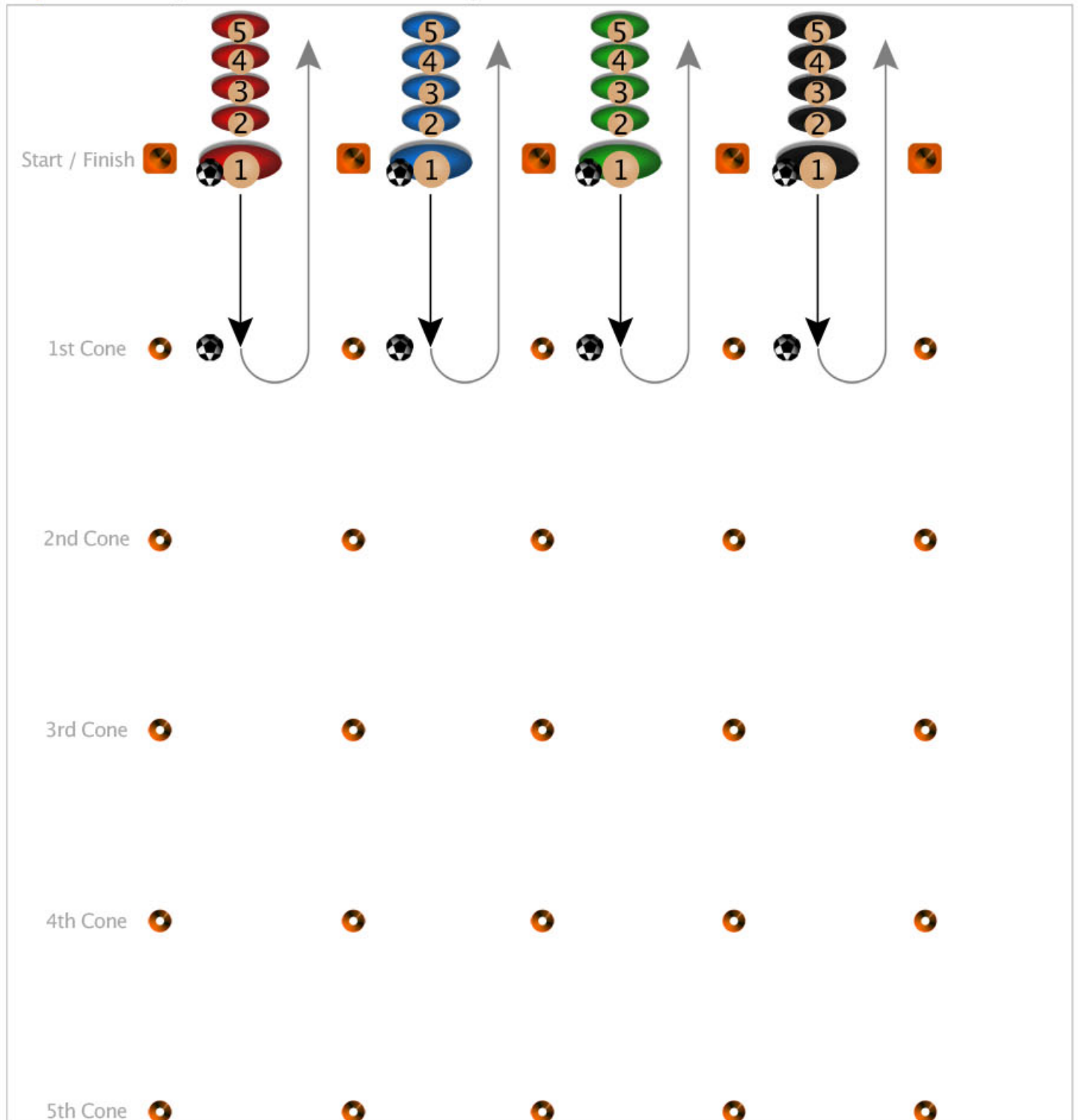
Football

Cone by Cone

Setup: Set out a 20 x 25 yard area. 5 players per team, 4 teams per group.

Aims and Objectives: To develop sprinting, teamwork and ball control. Each team starts at their own gate, sprints holding the ball to the 1st cone and places the ball onto the ground, then leaving the ball sprint back to the beginning. The next player sprints to the ball, picking it up and then sprinting to the 2nd cone, placing the ball onto the ground, leaving it and sprinting back to the beginning. Repeat this process until the final cone is reached, then reversing the practice bringing the ball back one cone at a time.

Key Points: 1. Sprint to the ball. 2. Handling. 3. Teamwork.



Football

Cone by Cone

Breakdown of Drill

