

Defending The Cones

Emphasis: Passing and dribbling



Set-up:

Create a 40x30 yard grid. Evenly place six cones, five yards in from each end line as shown.

Divide the team into 5v5 and place them in the grid.

Objective:

Both teams attempt to maintain possession and pass the ball to knock over the opposing team's cones. If the cone is knocked over, the attacking team must grab that cone, bring it back, and add it to the cone line that they are defending. Play for a designated period of time. The team that has more cones in their defensive line is the winner.

Progression:

1. Lower the touch stipulation (1 and 2 touch max).
2. Decrease the size of the grid.
3. Using the weaker foot counts as double.

Coaching Points:

- Play the way you face.
- Must pressure the ball-no free service.