

Pairs cone colour run

GameProgression

1. Place stand next to each other (facing or side by side) between two different colour cones
2. Coach calls a colour- players must react by running to the correct side
1. Alternate- colour is called-player furthest from that cone attempts to tag the other player before they reach the cone
2. Alternate-colour is called-player must de- accelerate and stop next to the cone
3. Players must run around the cone called and then sprint to the opposite cone



