

Score between cones warmup

Objective – Score as many (between the cone) goals as possible

GameResetProgression

In this mastery drill, players work in pairs a ball per pair
minimum 8

They need to work their way around the area passing through as
many gates as possible

1. Anticipation
2. Ball carry
3. Leading runs
4. Stick to stick

Get the ball back

1. Off the pitch you are out
2. Time limited
3. Cannot do same gate in sequence
4. Different goals for different colours

