

Colour cone react- race to the ball- ladder tournament

GameProgression

1. Set up 3-4 lines of cones approximately 3-5m apart. Have a ball played approx 5m from one end of cones.
2. 2 players stand opposite a cone.
3. Coach calls colors of cone (e.g. blue, red, etc.), freeze, or ball. Players must move and respond to commands.
4. When ball is called players must race to win first touch of the ball, pick it up, etc.
 1. Play as a ladder tournament
 2. Can play in smaller groups ran by players. Play winner stays on style with players calling instructions for own games.

