

# 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
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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



