



ACTION:

On the coach's whistle, one player from each group dribbles around the lane formed by the two squares. At each corner the player must make a 'Move' designated by the coach, i.e. scissors, Step-over etc, to change direction.

After making a complete circuit and touching the inside corner cone the player tries to be the first to knock the centre ball off the cone. This can be done by shooting/passing at the target ball.

The first player to knock off the ball is the winner.
Keep team scores.

TIPS:

Players should slow down just before making their 'Move'
Ensure players execute the 'Move' correctly at each corner.

Players should look up as they run with the ball and be aware of what is around them.

Accuracy is more important than power when trying to knock the ball off the centre cone.

Progress by asking players to also perform a move half way down each sideline.



MOVES

SET UP:

15 X 15yd inner square and a 20 x 20yd outer square.

Target ball in the centre on a cone.

Four groups of no more than five players, one group in each corner.

One ball per group

NOTES: