

CONE RELAYS

- Organization:** Divide the players into groups of three or four with one ball per group.
- Structure:** In front of each group is a line of eight cones equally spaced.
- Procedures:** On the coaches' signal, players' from each group weave through the cones, back to their partners and then the next player does the same until your team is complete. The first team is the winner.

Restrictions:

1. Right or left foot only.
2. Inside or outside of the foot only.
3. Backwards.
4. Role the ball with the sole of your foot.
5. Full circles around each cone.
6. Space the cones different.

JUNGLE BALL

- Organization:** Every player with a ball.
- Structure:** Confined area approximately 20X20 yards with cones and discs randomly placed throughout the area. Players lined up on an end line.
- Procedures:** The players attempt to dribble through the jungle without running into a tree (discs & cones) or having their ball eaten by a tiger (coach). If you hit a tree or get your ball kicked out by a tiger then you join in as another tiger until there is only one player remaining.
- Coaching:** Keep your head up to see the field.
Keep the ball close.
Use both feet.
Bend your knees and stay low.
- Analysis:** Improves the ability to start, stop and dribble.
Enhances ability to see the field while dribbling.
Improves coordination and balance.

