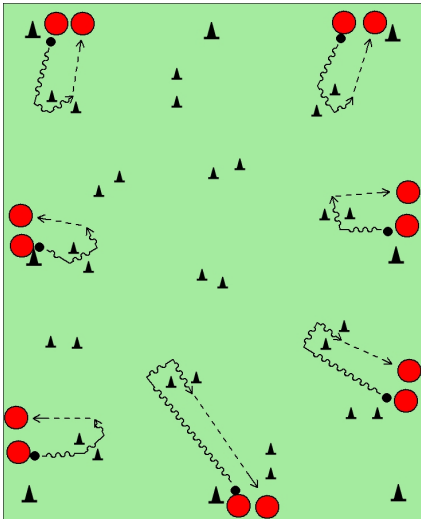




Cone gates passing



How it works

Players are in pairs spread out around the edge of the playing area with a ball between them.

The first player dribbles into the playing area and must go through a cone gate before passing back to their partner.

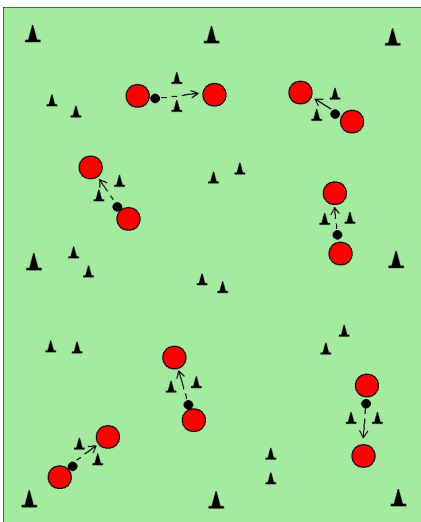
The second player must then dribble through a different cone gate before passing back to their partner.

Players must continue to go through a different cone gate each time.

As they travel further away they may need to dribble the ball part of the way back before passing.

How many different cone gates can the pairs go through in 30 seconds/1

minute?



Red players now start either side of a cone gate.

Partners must make five passes before they move to a different cone gate and do the same.

Reduce the number of passes to three and repeat. Then must pass the ball through the cone gate only once before moving on.

How many cone gates can they do in 30 seconds/1 minute?

Possible changes

One touch passing through the cone gate if able.