

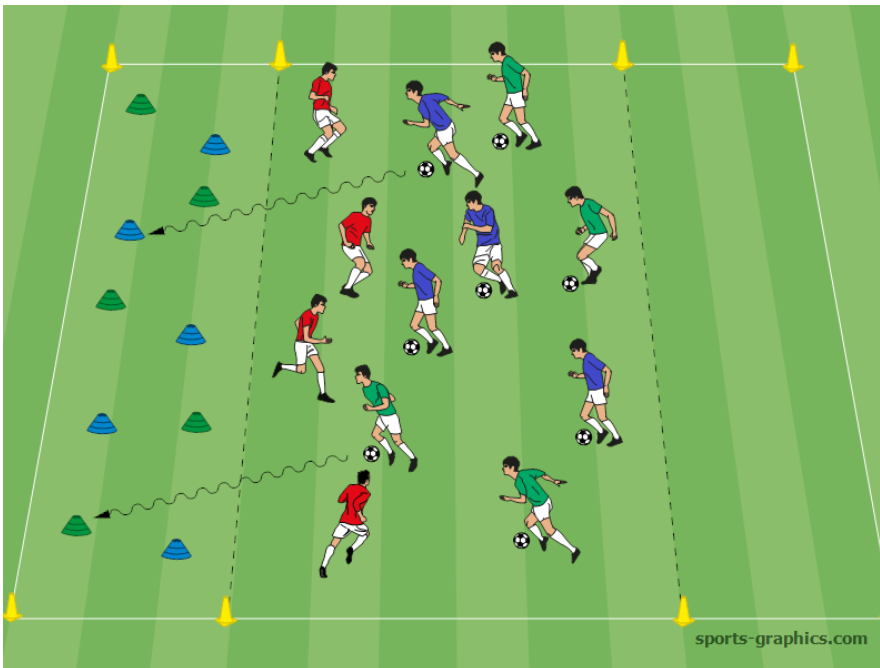
# CONE CATCHER

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

TECHNICAL

## Warm Up

## Ball Manipulation



Set up a 30x30 playing area with two 5yd end zones.

Arrange an equal number of two different coloured cones in one end zone.

Divide players into three teams.

One team are defenders and the other two teams are attackers who have a ball each.

The aim is for the two attacking teams to collect their nominated coloured cones from the end zone and move them to the other side end zone.

Each attacking player can only move one cone at a time and must be dribbling their football at all times.

The defending team must try to tag the attackers. If successful the attacker is frozen for five seconds.

The winning team moves all their cones from one zone to the other first.

Teams rotate roles.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



## LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

## KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Start gradually

## FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Can be done with or without the ball.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.

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