

Protect The Cone - Team



The Game

Same space and equipment as in previous activity. Combine the four groups into two. Set up four cones at each end of the rectangular space. Group leader should pick an offensive and defensive captain for each team. Allow captains 2 to 3 minutes to prepare the respective strategies. While controlling the ball, players must attack and defend the cones. The team with the last standing cone wins.

Coaching Points

- After one round, switch roles so captains and players get a chance at offense and defense.
- Encourage players to kick away opponents soccer ball, while keeping their ball under control.
- No player can attack or defend without their ball.