



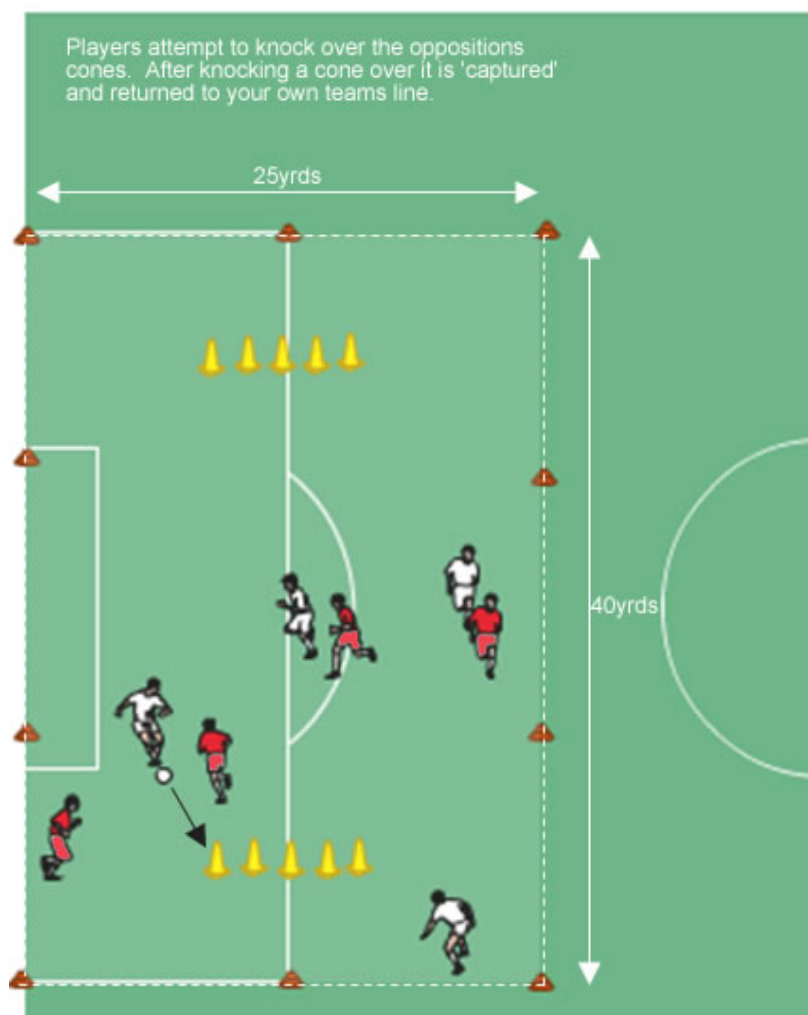
## Cone Capture

### Drill Objective(s)

1) Aerobic Endurance

- \* **Drill No:** AE1
- \* **Age:** 12-Adult
- \* **No Players:** 6+ (8 Ideal)
- \* **Difficulty:** Easy
- \* **Area/Time:** 25x40yds (25mins, 5min bouts)

Diagram 1



### **ORGANISATION:**

40x25yds field is marked out with cones. 5 tall cones are placed in a straight line off the end line and in a straight row. Can be played with 6+ (3vs3,4vs4, 5vs5), increase playing area to suit the number of players.

### **INSTRUCTIONS:**

Players are allowed both in front and behind the line of 5 cones at either end. Using the ball each team attempts to knock down the other teams cones. When they succeed and knock down one of the opposing teams cones they must retrieve that cone and add it to their own line of cones. While they are retrieving the cones the game continues. Play for 4-8 mins with 1-2min of rest.

### **SCORING:**

Team with the most amount of cones standing at their own end is the winner.

**KEY COACHING POINTS:**

- 1) Good support for the player with the ball, move to support him/her.
- 2) Angles of support.
- 3) Short-Short-Long concept.
- 4) Spread out on attack.

**PROGRESSIONS:**

- 1) Reduce recovery times between exercise bouts to 1 min or less.
- 2) Increase the size of the playing area to increase the intensity.

**VARIATIONS:**

- 1) Play with 2 balls.
- 2) 3 touch
- 3) 2 touch
- 4) Vary the positioning of the cones (triangle shape, spread them out more).  
Cones can only be knocked over with a 1st time shot/pass.

**NOTES AND OBSERVATIONS:**

This can be a fun fitness game if played at the correct intensity. Encourage the players to make recovery runs and also transition quickly on attack.

The soccer graphics have been made with Easy Sports-Graphics ([www.sports-graphics.com](http://www.sports-graphics.com))