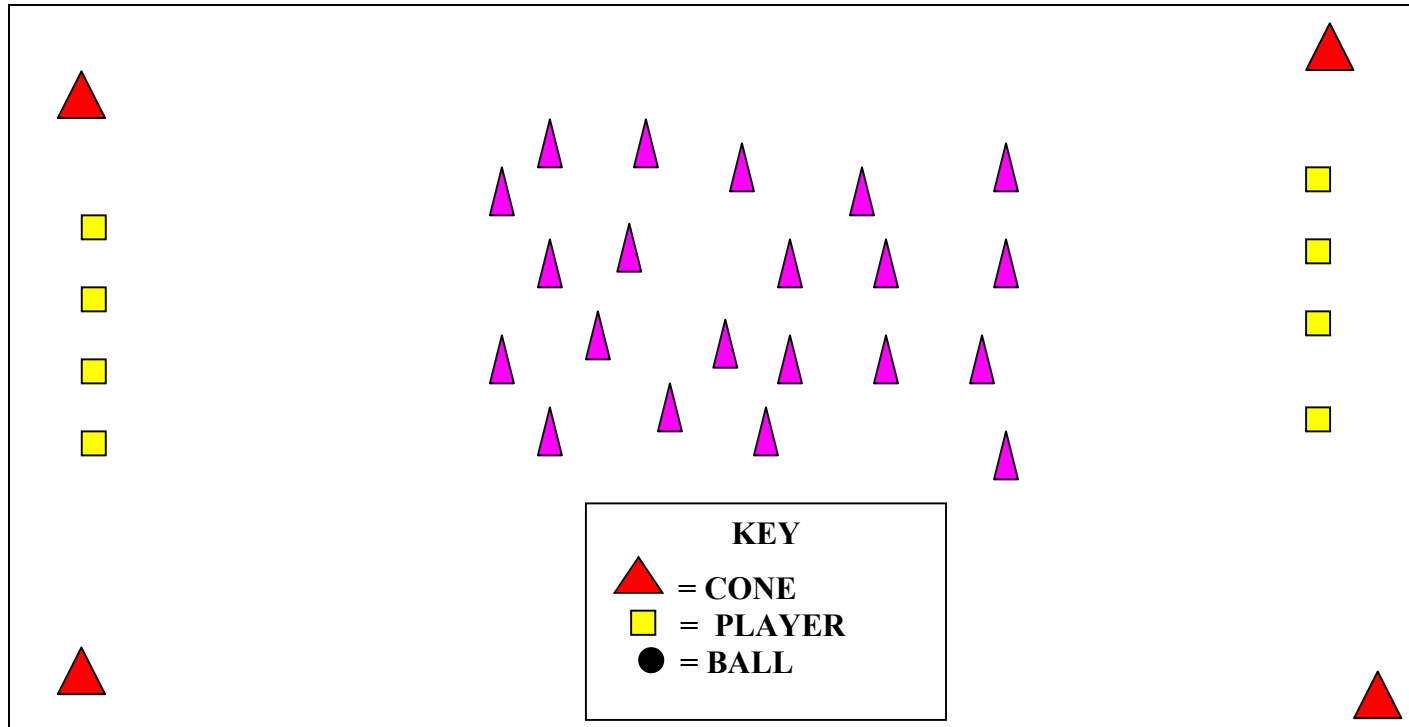


SESSION ONE

BUILDERS AND DESTROYERS



SESSION ONE

Instructions

- 1. Place about 20 cones in the middle of your coaching square.**
- 2. Divide the players into two teams lined up opposite each other, all facing the cones.**
- 3. On the first whistle, Team A run and knock the cones over using the palm of one hand**
- 4. On the second whistle, Team B run and start to put the cones back up again.**
- 5. After 1 min, stop the game and count the standing cones. Swap the team roles and repeat.**

Drill Progression

- 1. For more advanced children the activity can be done while dribbling a football at the same time. The player cannot knock over a cone or stand a cone upright if they are not in possession of a football.**

Coaching Points

- 1. Keep your head up while running.**
- 2. Avoid “Bumping” into other people.**
- 3. Identify cones that you must go and attack!!**

Equipment

- 1. 20 – 30 Cones**
- 2. Coaching square marked off.**