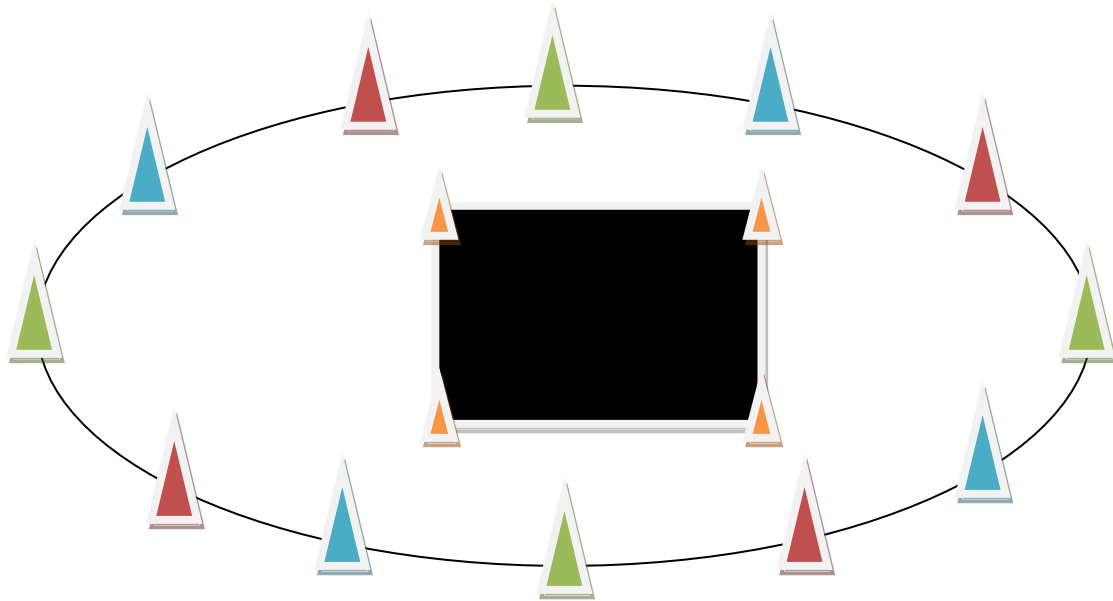
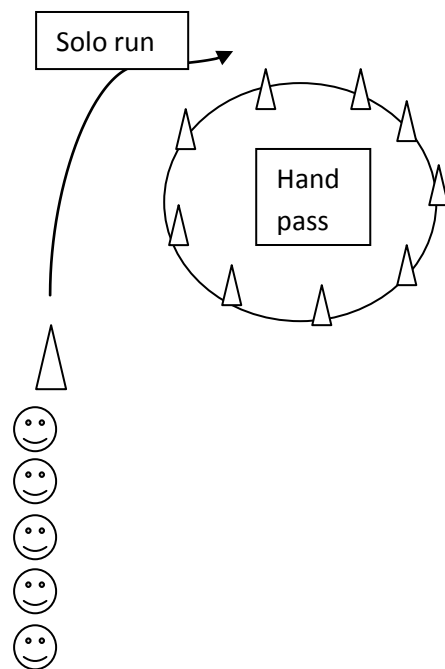


Colours



Every child in the drill stands at a cone on the circle. The cones on the circle are colour coded. If the coach calls blue, all the players on a blue cone go through the black square and move to a different blue cone. The same sequence applies with the other two colours. If the coach calls colours every player on the circle goes through the black square and moves to any colour they wish. If the coach wants to make it competitive he can take away a cone each time he calls a colour.

Beat the Circle



Beat the circle consists of two even team:

One team is on the circle hand passing the ball in rotation counting how many hand passes they can make.

The second team are lined up behind the cone in a straight line. They solo round the circle and give the ball to the next player when finished the solo run.

The quicker they all solo the ball round the circle the better.

The teams switch when all solo runs are completed the team with the most hand passes wins

(James Ryan – GDA Limerick)