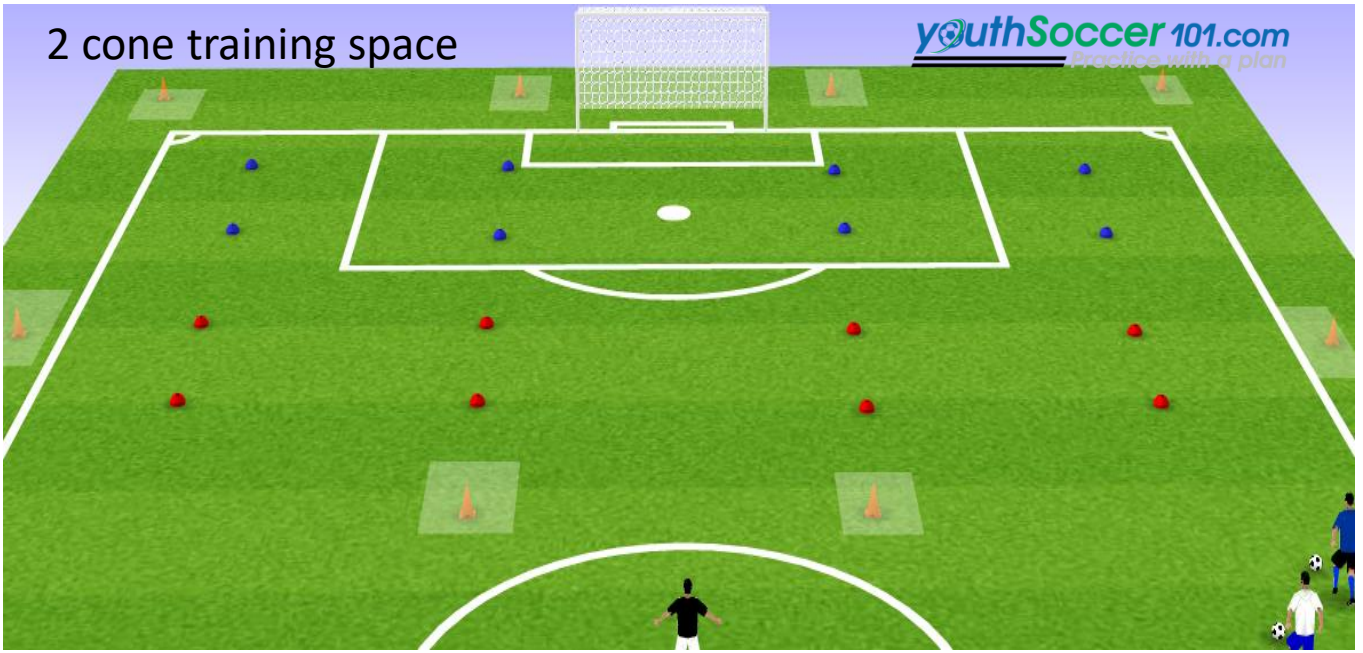


2 cone training space

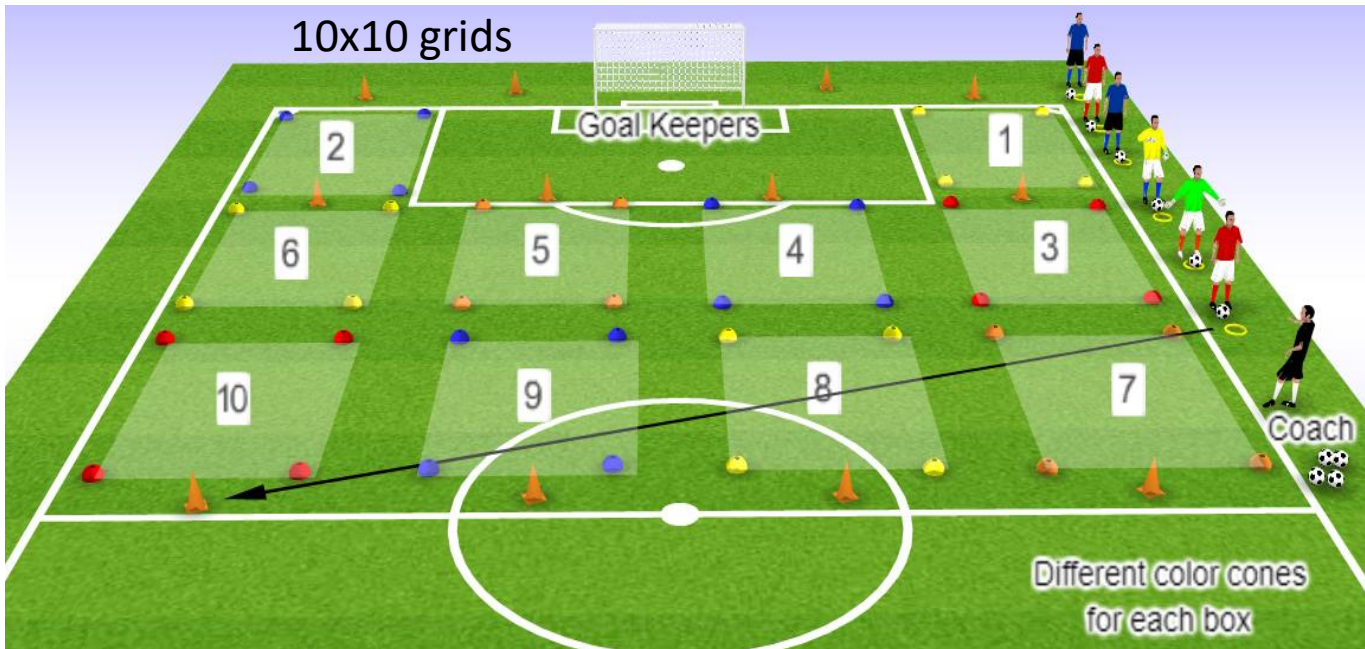


Large cones near each training space is used to mark where the water bottle and any other equipment must be placed

Different colored cones used to help players focus on their colored cones training area

Coach can teach from the front of the field and demonstrate activities. Assistant coaches can walk around and correct and give support where needed.

10x10 grids



Large cones near each training space is used to mark where the water bottle and any other equipment must be placed

Different colored cones used to help players focus on their colored cones training area

Coach can teach from the front of the field and demonstrate activities. Assistant coaches can walk around and correct and give support where needed.