

Musical Cones

Like musical chairs, players must dribble around inside the grid until the music stops, or the coach gives a signal, and then knock over a cone inside the grid with their soccer ball. The player who does not knock over a cone at the end of each round, is out for the remainder of the game.

Purpose:

Develops dribbling and ball control skills in a fun manner. The activity also encourages players to maintain awareness and find the nearest cone.

Setup:

- Set up a playing grid (size may vary depending on the number of players in the group). A circle or rectangular shape works well.
- Set up tall cones randomly within the grid. There should be one less tall cone than the number of players in the grid.
- Each player has a soccer ball.
- The coach prepares a music player (a whistle can be used as well).

Instructions:



1. The coach starts playing music, or blows the whistle, to start each round. Players begin dribbling inside the grid.
2. When the music stops, or the whistle is blown again, each player must quickly dribble to the nearest cone and knock it over with their soccer ball.
3. The player who does not knock over a cone is out for the remainder of the game and continues to dribble, or juggle outside of the playing area.
4. Before starting the next round, players reset the cones and the coach takes out one random cone so that there are more players than cones inside the grid.
5. Players must constantly dribble their ball inside the grid. Players are not allowed to stand still otherwise they are warned, or disqualified for the remainder of the game.
6. The game continues in this manner until there is one player left inside the grid and is declared the winner.
7. Repeat the game as many times as needed.



Variations:

Weak foot – Have the players use only their weaker foot to dribble.

Various dribbling techniques - Specify the way the players must dribble – inside / outside foot, soles, etc.

Take out more than one cone – To increase the speed of each game, take out more than one cone after each round. This means more players will be out after each round. Take 2, 3, or 4 cones out depending on how quickly the game needs to move.

Coaching Points:

- Remind the players that they must constantly be dribbling and moving throughout the grid. Players must keep their ball rolling to participate in the game.
- Encourage the players to keep their heads up and maintain vision of the field. This will allow players to know where the nearest cone is when the music stops.
- Challenge the players to dribble with speed and to change direction quickly to get to cones.
- Teach the players to have some fun while playing and to enjoy the music if it is playing.