

## ★ ACTIVITY / FLIP THE CONES

### FOCUS:

WARM UP, FIELDING, RUNNING, CHANGING DIRECTION DECISION MAKING, TEAM WORK

### EQUIPMENT:

24 CONES 

### DESCRIPTION:

- ▶ Split the participants into two teams (Participants v Parents, Stars v Stripes).
- ▶ The cones are spread out across the playing area. Half are upside down (Team 1) and half are the right way up (Team 2).
- ▶ The aim of the activity is to turn as many of the opposition participant cones to your own designated cone position and to keep as many in your correct position.
- ▶ Cones cannot be protected or kicked. They must be turned using both hands to replicate fielding.
- ▶ To determine a winner the cones are counted at the end of the allocated game time.

### MAKE IT EASIER:

- ▶ Walk instead of running.
- ▶ Give one team a head start by having more cones in their position at the beginning of the game.

### MAKE IT HARDER:

- ▶ Add in one ball per cone. Participants need to place ball either on top or inside cone after flipping.
- ▶ Add in ball handling activity before they can place ball on or in cone e.g. Figure eight between legs.
- ▶ One team starts with all the cones their way and the other team has to come up with strategies to try and flip as many as they can in a designated time.

