



Volcanoes and Ice cream



Date:	27/Apr/2021	Measurement:	20 x 20
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level:	

Objective:

Description: Each player with the ball, in the area are spread cones

> cone on the floor standing normally is - volcano cone on the floor upside down is - ice cream

Each team belongs to a team (Icereams and volcanoes), job of each team is to make sure on the floor are as much volcanoes or ice creams as per their team affiliation. Kid can turn 1 cone at a time and has to proceed to next one.

play in intervals - 45s play., 15s rest. repeat.

Coaching Points:

Progression:

