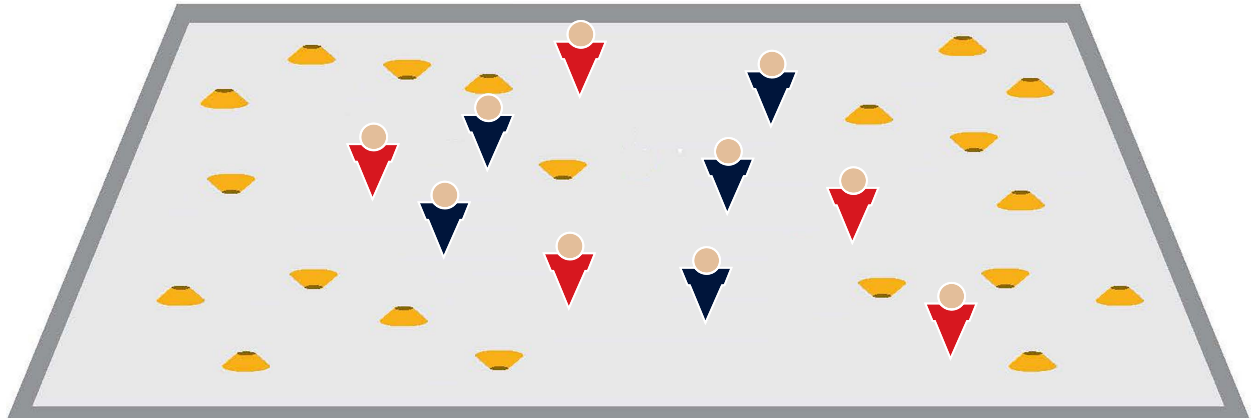


DOMES AND DISHES



- > Two teams in different colours
- > There are lots of cones in the area, some turned up so they look like dishes and some turned down, so they are domes, One team's job is to turn the cones to dishes and the other is to turn them domes
- > If you have lots of players consider setting up another area
- > Encourage different movements within the game to help the players warm up; for example skipping

rather than running and lunging when they pick up a cone

- > The game should be played in short bursts, offering plenty of recovery time
- > The team with the most amount of cones their way round is the winner, repeat and see if the teams can beat their score
- > [View and example of this practice](#)

EQUIPMENT: Bibs | Cones | Throw down lines

GAME IS THE TEACHER, PITCH IS THE CLASSROOM, COACH IS THE FACILITATOR