Cone Catching

1. Feeder calls out a colour and player then has to touch that cone asap

2. Once the player has touched the cone the feeder throws a catch into the middle of the square for the fielder to catch

Aim of this drill is to test agility and catching. Feeder calls out a colour (of cone) and on doing so the fielder touches that cone as soon as possible. As soon as they have done this a catch is thrown into the middle of the square for the fielder to catch.

Make harder by:
- Increase distance between cones
- Call out 2, 3 or 4 colours before throwing the catch
- Throw catches to corners of the square