

HEAD, SHOULDERS, KNEES AND CONES

Equipment

Cones: 20+

Aim

To warm players up physically and mentally

To select and apply skills and tactics with a range of movement skills incorporating spatial awareness

To understand fitness and health by becoming aware of the benefits of participating in a warm up game to prepare for physical activity

Organisation

Players work in pairs

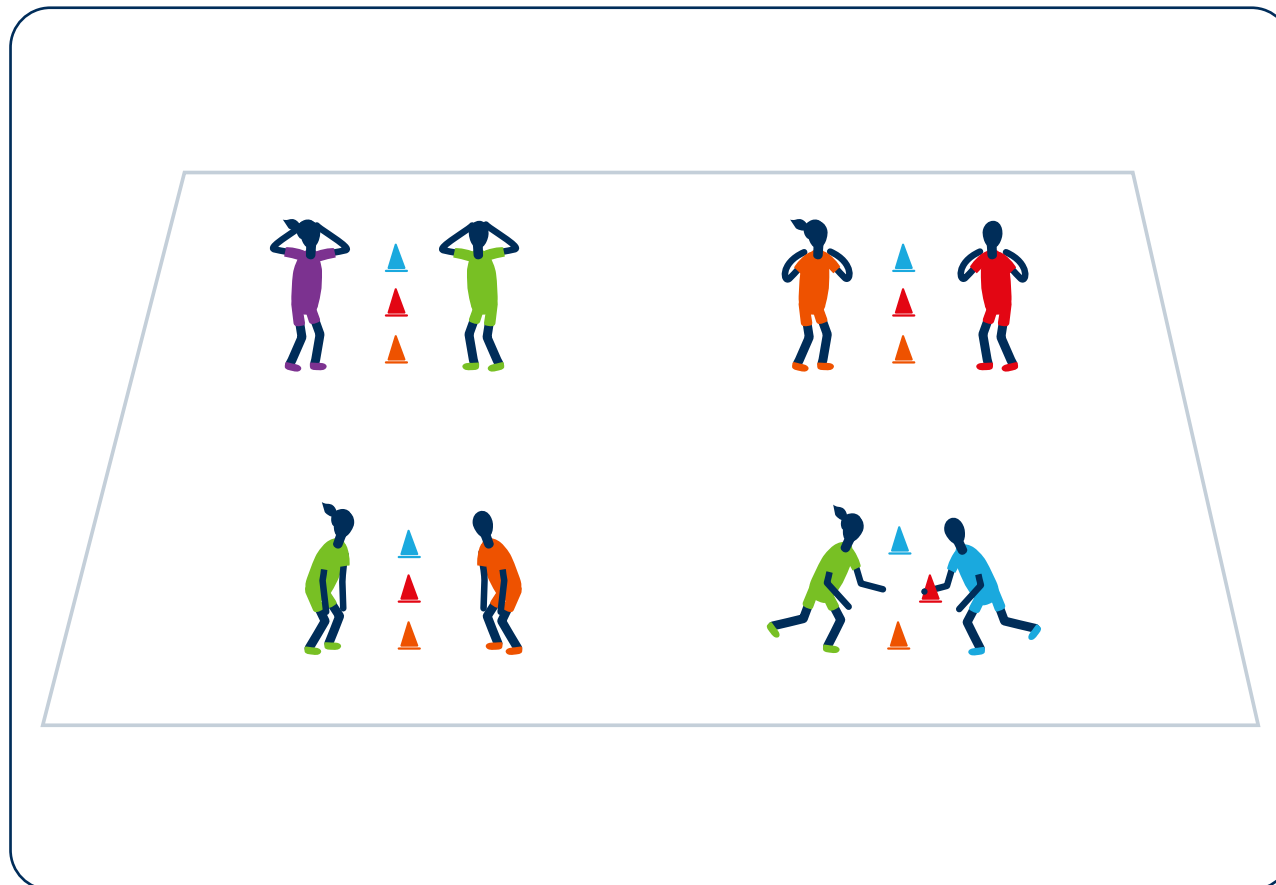
Coach calls out sequence of instructions culminating in first player to pick cone up

Adaptation/variation

Add an additional cones or balls

Change colour command for team name or number

Add mobility exercises



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