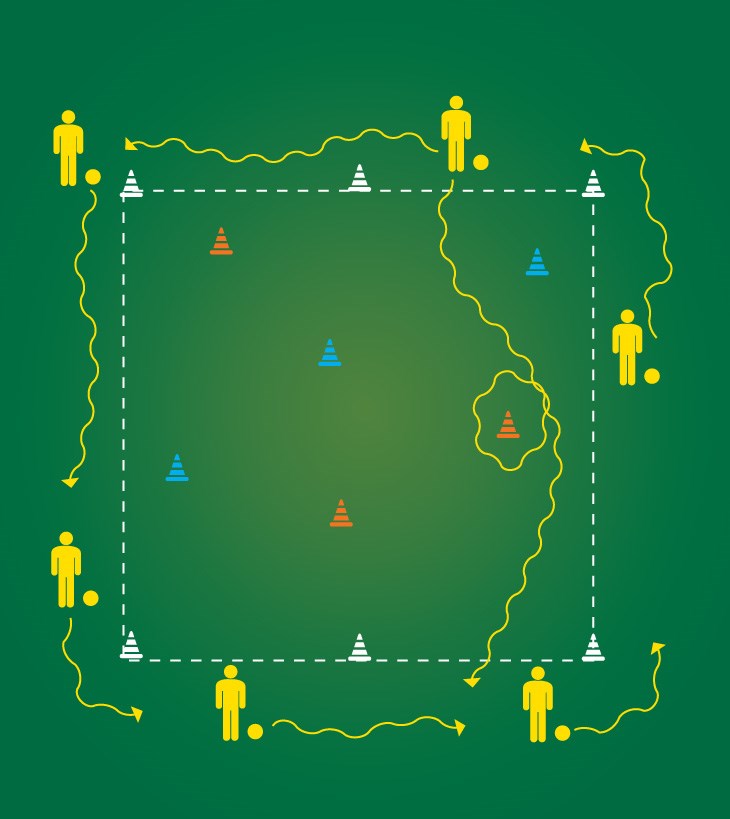
## Middle: Colour Code



This activity should be arranged in a square 15m x 15m and requires at least three cones of two or more colours placed randomly inside the square.

Players dribble their balls round the outside perimeter of the area.

Call out a colour and the kids must dribble into the square, around the cone of that colour, and back outside the square. The winner is the first one back outside with their foot on their ball.

Remind players to keep their heads up and watch out for possible collisions.

### Progression

* Round all cones of that colour
* Players to use their right foot only
* Players to use their left foot only
* Players to use the inside of their foot only
* Players to use the outside of their foot only

There are more possible variations, limited only by the number and colour of your cones, and your imagination!