

# COVID-19

# HEADS, SHOULDERS, KNEES AND CONES

## Equipment

Per player:

Cones: 1+

Balls: 1+

## Aim



Warm up

## Organisation

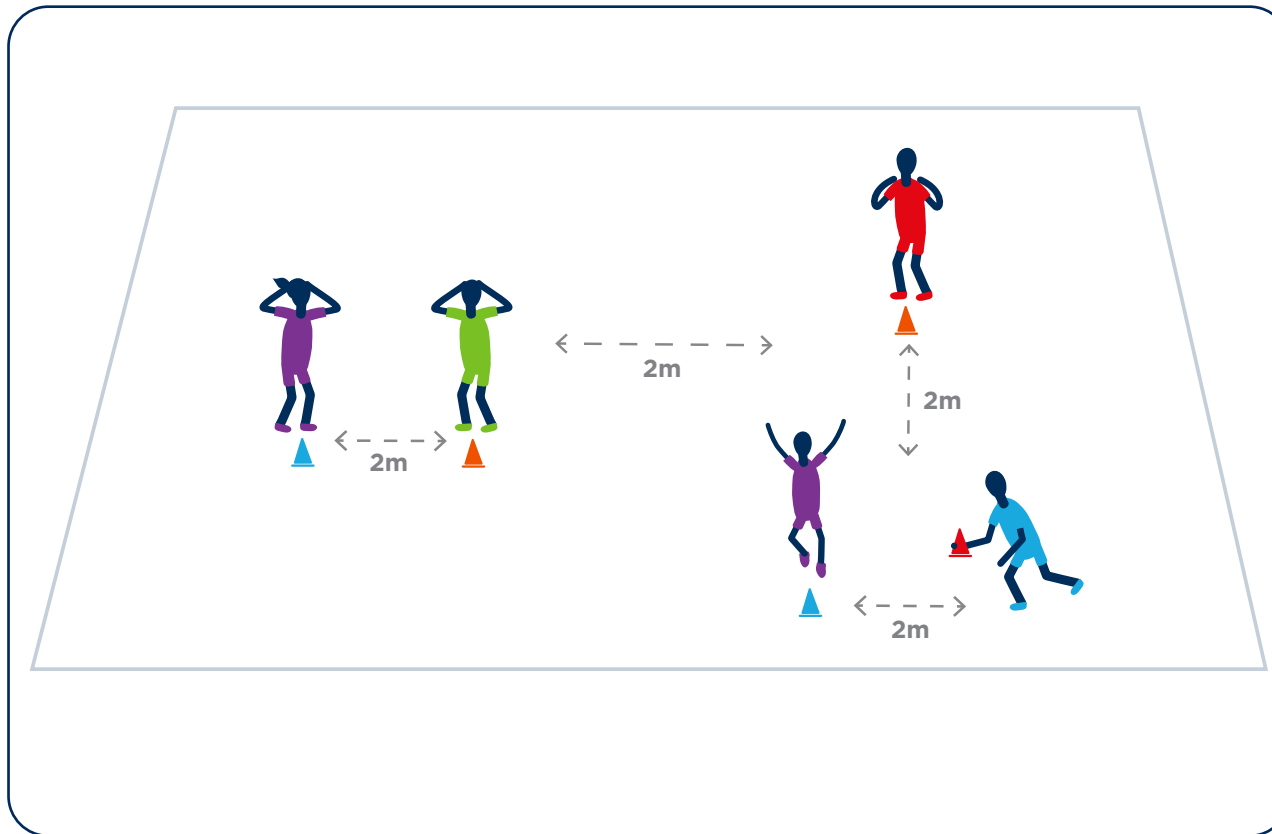
Players work in pairs/  
threes

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

## Adaptation/variation

Add an additional  
cones or balls

Add mobility  
exercises



**Hand  
sanitiser** -  
write your  
name on it



Always  
remain two  
metres  
apart<sup>1</sup>



**One skin  
one ball<sup>1</sup>**



Do not  
share  
equipment<sup>1</sup>

<sup>1</sup>Unless from the same household  
Guidance accurate as of 5 June 2020