

Robin Hood

U6 & U8

Phase: Session 2

Intensity: Medium-High

Intervals: Until everyone out

Recovery Time: N/A

Coaching Points:

Dribbling away from defenders. 180 degree turning. Lateral Defensive Movement.



Instructions:

Players dribble “through the forest” to evade Robin Hood. Each player carries 2 or 3 cones (gold) and must drop their “gold” if robin hood catches them.

5 square yards per player is a good starting point.
Ex. 25 yard area for 5 players.

Allow room to sprint but still have congestion.

Enhancements:

1. Bigger field with 2 defenders

