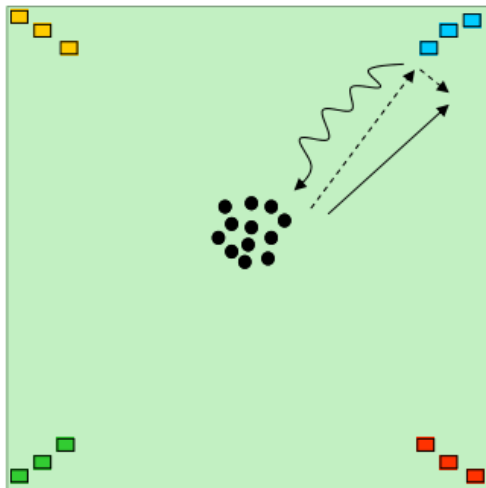


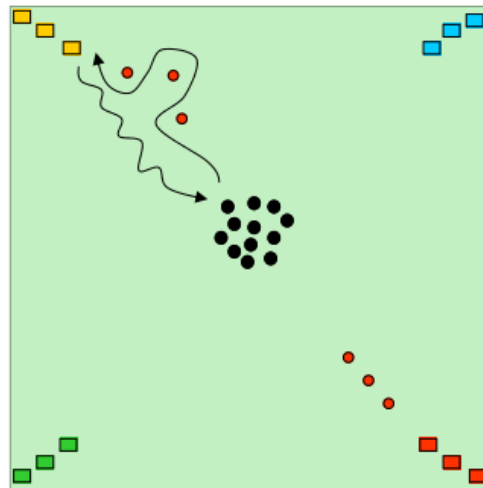
Dribbling- Robin Hood

In this edition of the Training Ground we are looking at how we might adapt a practice. Below is an example of some ideas that could be utilised, using the original set up of the Level 1 game Robin Hood. When taking part in these different practices the players will work on techniques that include:- Passing, Controlling the ball in various ways, Running with the ball, Dribbling, Individual skills, Spatial awareness and Communication skills.

Think about a certain practice you know and how you might use the same principles to adapt it to incorporate different techniques.



Players run to get a ball, when they have retrieved one, they look up and play a wall pass with next player who is waiting at the front of the line. Player at the front must make sure of giving a good pass before setting off.



Players run out get a ball, on the way back they must dribble in and out of the cones, before next player can go. Cones can be in a straight line or offset, work with both feet.

Player from each group in the middle, player from outside runs ball in and central player runs it out. Progress to a pass in from the outside, central player controls the ball at an angle and takes to the outside.

Players run with the ball into the middle and execute a technique at the cone and take to the next group. Try to work both clockwise and anti-clockwise and work on both feet with the techniques.

