

ROBIN HOOD (FOOTBALL TECHNIQUE)

SETUP

1. Area 20x20m
2. Four teams of equal numbers, each team lines up in one of the four corners
3. All the balls are placed in the centre of the square



HOW TO PLAY

1. One player from each team runs to the middle picks up a ball and return to their team, before the next players turn
2. The team that gets the most balls back to their corner wins.
3. Only one ball to be collected at a time.
4. Player must return to their team before the next one can leave

PROGRESSION

- Players to dribble the ball back with their feet
- A give and go pass to exchange places
- Once all balls are taken from the middle teams can start taking balls from each other

OUTCOMES

- Dribbling with different parts of both feet (close control)
- Keeping head up for awareness of space and other players whilst dribbling
- Encourages working as a team / tactics