

Description

Setup:

Grid 10 yards wide by 30 long. Line players with balls on both sides of the short side. One player without a ball begins on one end of long side and place 3 or 4 cones on opposite long side.

Description:

The player without the ball tries to retrieve all the cones, one at a time, while the players with the balls try to shoot at the him. All shots must be taken behind the line and should be below the waist. Let everyone be the rabbit and keep track of which rabbit was the shot the fewest times. A variation is have the rabbit dribble a ball and the shooters try to hit his ball.

Coaching Points

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

