

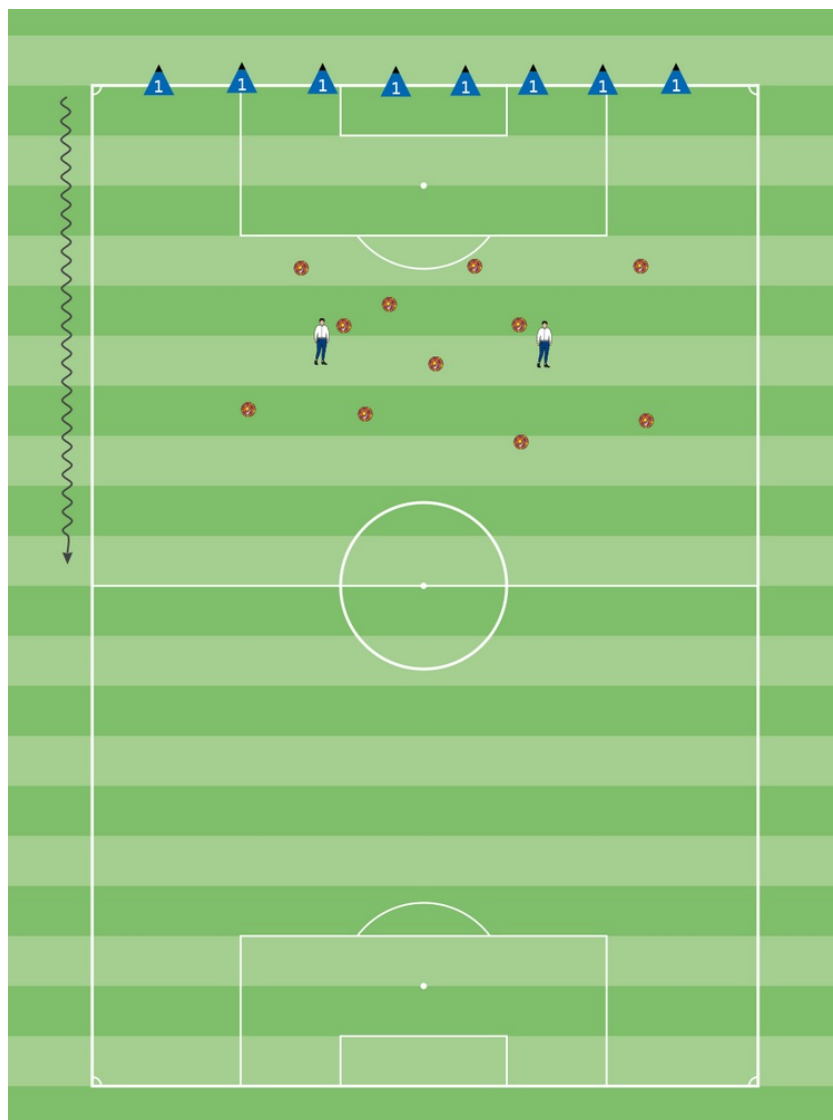


Hunters and Rabbits

OBJECTIVE: Improve the individual player's ability to accurately pass/shoot the ball

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown with all the players on one endline/sideline. The players are the "rabbits" and the coach is the "hunter" in the middle of the field with the balls. On the coach's "Go!" the rabbits must run across the field to get to the other sideline. The hunter(s) must pass the ball(s) on the ground and try to hit the rabbits. If a player is hit with a ball they become a hunter. Continue until there is only one rabbit left who is the winner. They start as the hunter with the coach for the next round.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

TEAM FUNCTION:

Attacking

AGE:

U5 / U8

PLAYERS:

DURATION:

7:0 min (3 x 2:0 min, 0:30 min rest)

INTENSITY:

Very Light