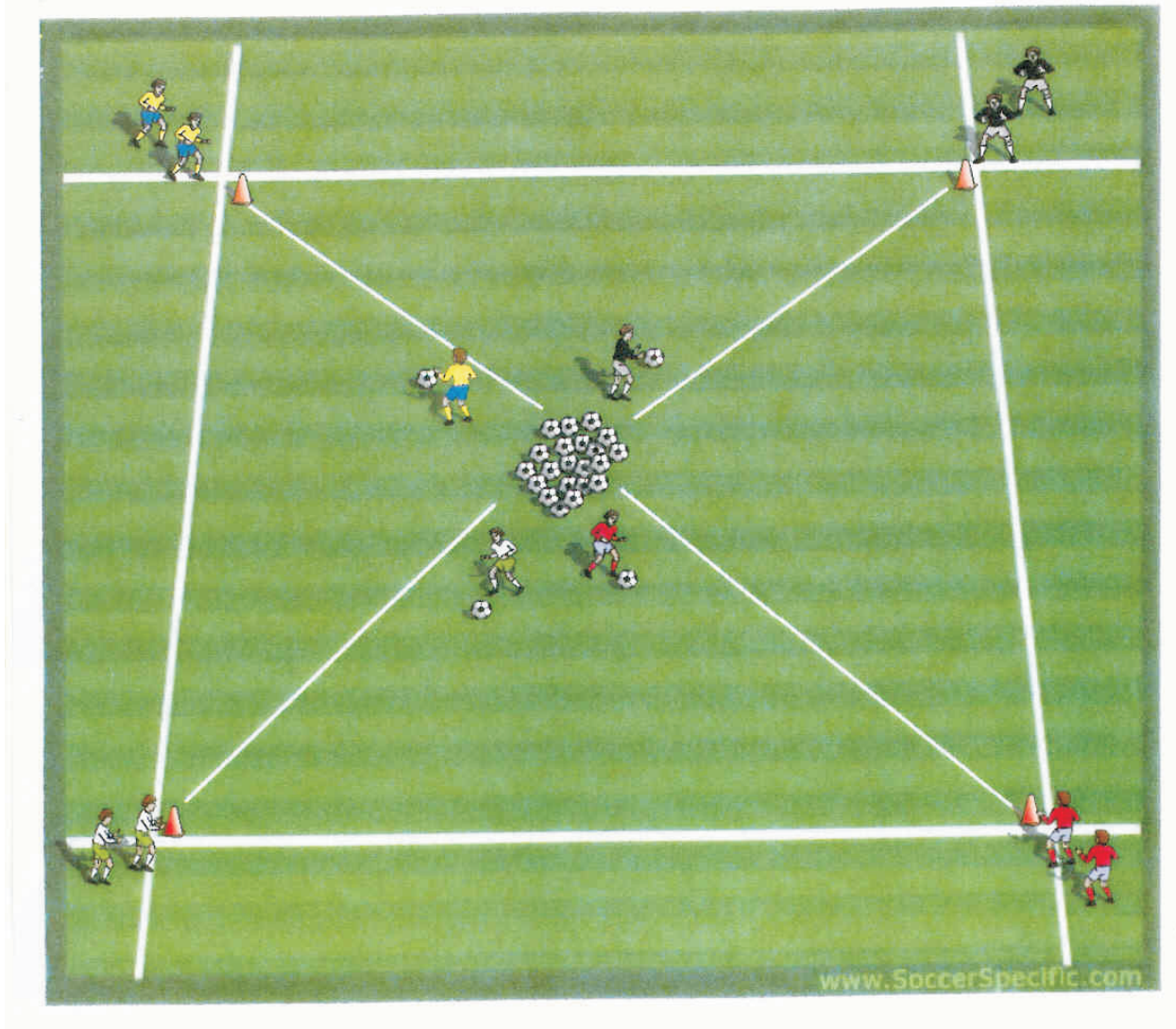


Robin Hood



Purpose: Speed dribbling

Organization

1. When the coach gives the signal to “GO”, players take turns going in
2. Players run up to the middle and dribble a ball back and stop
3. The second player goes when the first player returns and stops the ball
4. When all the balls are gone, players are allowed to steal balls from the other teams
5. Coach allows this for 60 seconds and then sends the teams back to starting positions to count how many balls they have

Coaching Points

1. Keep the ball close
2. Head up look for space