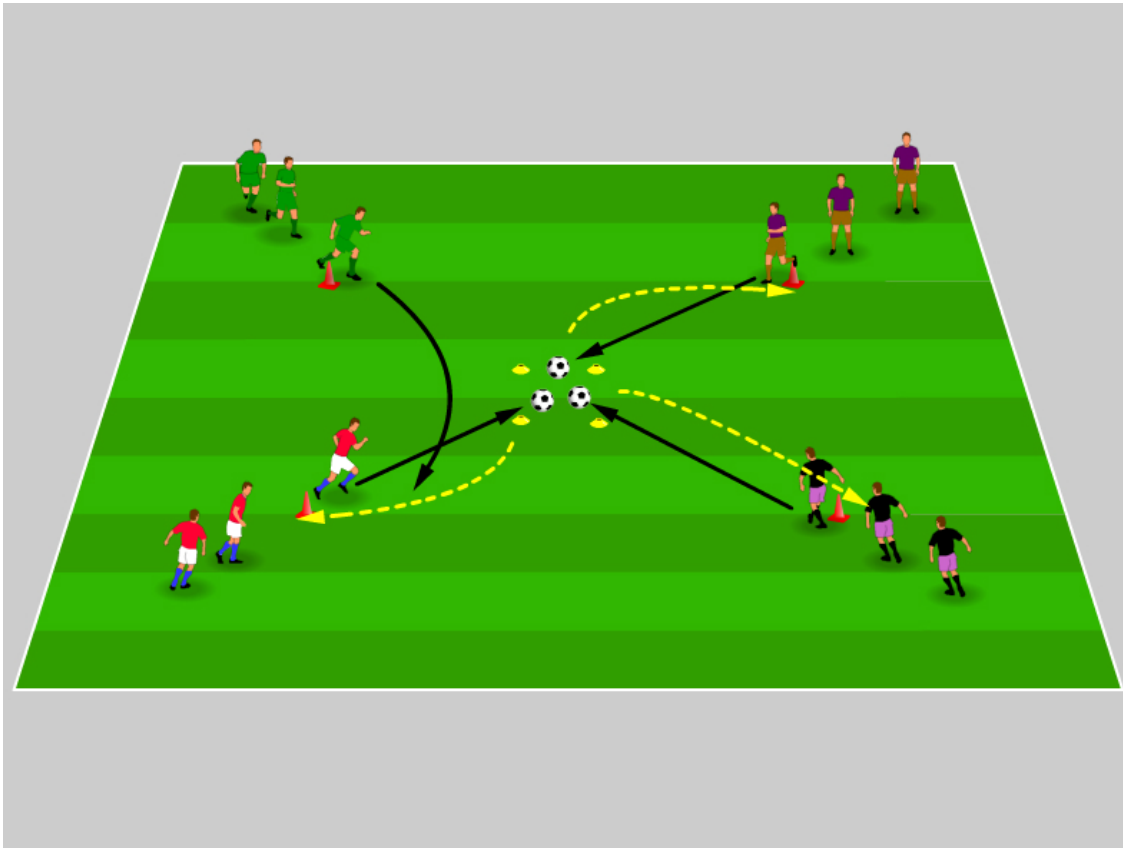




ANGRY RHINO CHASER



Date: 10/Jul/2015

Measurement: 20 x 30 Yards

Time: N/A:N/A

Players: 0

Duration: 10

Level: U5 - U7

Objective: Get ball back to your team corner or else! 1 point for arriving back with ball. 2 points awarded for being the ANGRY RHINO and stealing another teams ball.

Description: 4 teams begin at a cone in each of the 4 corners of the grid. three soccer balls are placed inside small disc ones in the middle of the grid. Players are numbered off 1,2,3,4 and when their number is called, they run to the middle and collect ball and run it back to their corner and earning 1 point. The player that does not get a ball becomes the ANGRY RHINO and if they can get a ball, earns 2 points. Coaches can keep play moving fast by having one of the coaches load the balls, call numbers, and facilitate player movement.

Coaching Points: Be "on toes" to run fast; Head up; get a good touch away from the ANGRY RHINO, change speed and direction with the ball; keep ball close in traffic/with defenders in front; take longer touches on ball in open space

Progression: 1- 3 balls, 4 players 2- 2 balls, 4 players 3- 6 balls, 8 players 4- 4 balls, 8 players
As much as you might want to encourage passing, in the later stages, remember that we are emphasizing running with the ball and moving the ball for our primary focus