



SHARKS AND MINNOWS

Emphasis:

This game focuses on the ability to dribble out of pressure. This drill can be used to focus on the player using their body to shield the ball and turn with it.

Game Info:

This is for ages U6 and U8. It is best run with at least 4 players but no more than 16 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Build a grid approximately 20X25 yards this field should be adjusted based on the skill level and number of players participating. Each player should have a ball except for 2 "Sharks".

Instructions:

The players with balls (the "Minnows") attempt to protect their ball from the two "Sharks". The Sharks attempt to gain possession and knock the minnow's (ball) out of the grid.

Once this happens, the minnow can run around the grid once and return to the game. Each minnow has two changes, and the last 2 minnows remaining become the sharks in the next round.

Progression:

- Players only use left foot to dribble.
- Players use outside of feet to dribble.
- Players use sole of feet to dribble.

Coaching Points:

- Players use the inside and outside of the foot to move the ball
- Keep the ball under control and not panic once the sharks get near them.
- Inform players to keep the ball close within playing distance.
- When an opening occurs, move quickly to advance the ball