

ACTIVITY #1

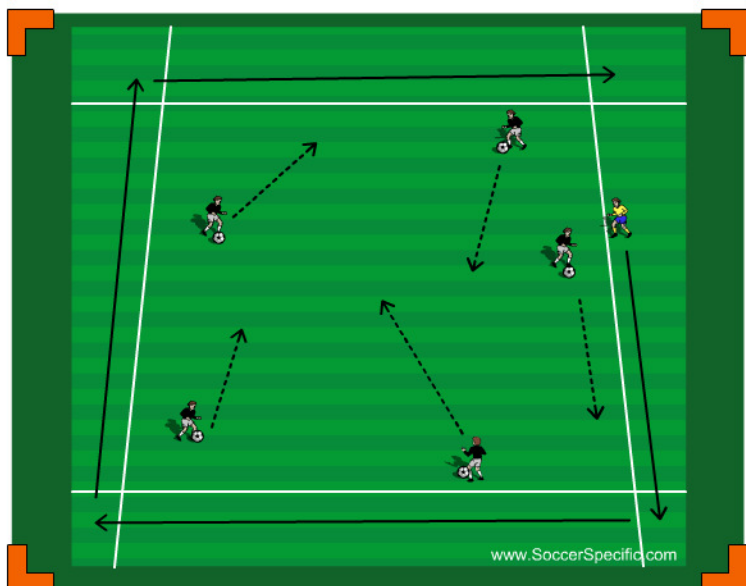
Set up: 15 x 20 grid, every player inside grid with a ball. One player without a ball on outside of grid jogging around

Instructions: 'Shark Attack' - Players dribble ball around grid. When coach calls out 'Shark Attack' player from outside without a ball comes inside and attempts to remove balls from grid. If a player's ball is kicked out that player must come to the coach and do a quick activity (5 toe touches, quick feet etc...) and get back in the game. Rotate shark

Progressions: 1) Shark has a ball 2) Shark must take ball away from player instead of just kicking ball out of grid.

Coaching Points:

- Keep ball close
- Keep ball on furthest foot from shark
- Change direction



ACTIVITY #2

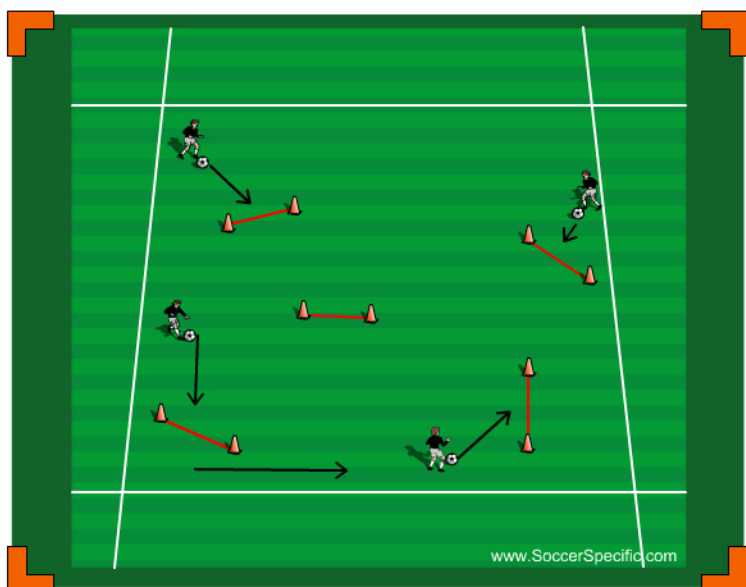
Set up: 15 x 20 grid every player with a ball and a bib tucked into their shorts from behind

Instructions: Players (minnows) dribble their ball inside of the grid. One player (shark) jogs around outside of grid without a ball until coach calls out 'here comes the shark' then that player comes into the grid and attempts to pull bib out of shorts from minnow dribbling. If minnows tail gets removed they must come over to coach do a quick activity and then get back in the game (example 5 toe touches or quick feet) Continually change shark.

Progressions: 1) Shark has a ball also 2) Competition everyone is a shark and game continues until all tails are removed.

Coaching Points:

- Change direction
- Look around for shark
- Keep on balls of feet



ACTIVITY #3

Set up: 15 x 20 grid, gates are created by placing cones 3 yards apart and randomly around grid. Ensure there is more gates than players

Instructions: Players dribble ball around the grid and through the gates. Players are encouraged to turn after going through a gate. Must not go to the same gate twice in a row.

Progressions: 1) First player to 4 points (1 point for each gate) 2) First player to go through all gates (If a player approaches a gate where another player is they must go and find another gate) 3) Go around each gate and enter from behind

Coaching Points: Keep ball close

- Every step is a touch of the ball
- Accelerate after turn