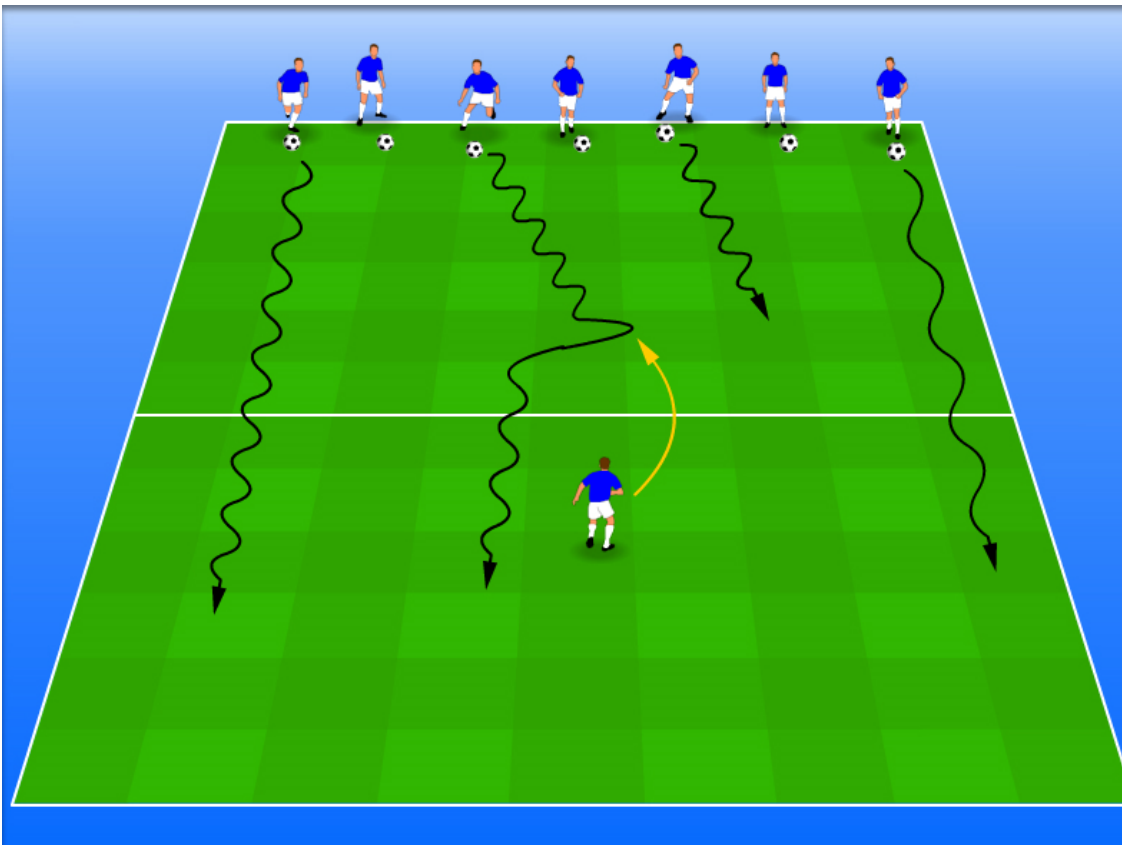


Date: 23/Aug/2017 **Duration:** N/A
Time: N/A **Age/Level:** U5 - U10

Session 1v1 Dribbling. 1v1 Defending. 1v2 Defending
Objective:

Sharks and Minnows

Sharks & Minnows (Pom Pom/British Bull Dogs)



Description:

A fun tag game. But also a fun dribble game. This game actually works on both 1v1 defending and 1v1 dribbling. But eventually 1v2 to small group defending. After a bit of dribbling warm up play one time without a ball to get the idea. At the signal, the players are not safe till they cross the far goal line. For the game with no ball, it's tag to turn the minnow into a shark. Once tagged, that player will become a shark the next round. Or when using soccer balls, it can be that a defender takes or kicks the ball away, or the ball must be kicked out of bounds.

Coaching Points:

*Need to have eyes up to see. ☒*Keep the ball closer when the player is being challenged by the defender (shark)

*Explode into space if the defender goes the wrong way.

(If defending, close down dribbler, lower body stance, shape the body sideways to channel the player, focus on the ball, poke the ball away when it appears free)