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U6 - U8 Soccer Drills | U10 - U12 Soccer Drills | U14 - U16 Soccer Drills | U17 and Up Soccer Drills | All Soccer Drills

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- [Receiving Drills](#)
- [Heading Drills](#)
- [Crossing Drills](#)
- [Fitness Drills](#)
- [Possession Drills](#)
- [Defending Drills](#)
- [Attacking Drills](#)
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Soccer Drills By Age

- [U6 - U8 Soccer Drills](#)
- [U10 - U12 Soccer Drills](#)
- [U14 - U16 Soccer Drills](#)
- [U17 and Up Soccer Drills](#)
- [All Soccer Drills](#)

Soccer Tips By Topic

- [Getting Started Coaching](#)
- [Planning Soccer Practices](#)
- [Position and Game Mgmt](#)
- [Taking it to the Next Level](#)
- [Offensive Soccer Tactics](#)
- [Defensive Soccer Tactics](#)
- [Individual Soccer Skills](#)
- [Soccer Fitness](#)
- [Soccer Nutrition and Diet](#)

Sharks and Minnows

This drill focuses on the U6 and U8 player and their ability to dribble out of pressure. This drill can be used to focus on the player using their body to protect the ball by placing their body in between the ball and the defender.

Drill Rating 4.41 from 39 user votes. Viewed 54668 times.


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Setup

Build a grid approximately 20X25 yards this field should be adjusted based 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 minnows (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.

Variations

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

Coaching Points

- o Keep the dribblers under control and not paniced once the sharks get near them.
- o Inform players to keep the ball close within playing distance.

Focus

- o [Dribbling Drills](#)
- o [Fun Soccer Drills](#)

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