

## 1. Sharks and Minnows

On the soccer pitch there are 2 end zones. This soccer game shows the minnows dribbling from one end zone to other without their soccer ball getting kicked out of bounds by the shark.

Set up:

Field with two end zones/end lines

1 soccer ball per player

Instructions:

For this game, you need to make sure that every player has a soccer ball and is lined up on one of the lines, standing next to each other shoulder to shoulder and asking 1 player to become the shark in the middle. (Coaches can also start out as the sharks)

When the sharks say 'go,' the minnows will have to dribble past the line that is directly opposite them on the other side of the area.

Once they have crossed the line, they are safe.

They will then line up again, shoulder to shoulder on the line they just crossed and when you say 'go' they will dribble back across the line they started on.

If a player dribbles their soccer ball out of the area (past the sidelines), or has their ball stolen and kicked away by a shark, then they will also become a shark next round.

This will continue until there is only one minnow left and they will become the winner.

Coaching Points:

Try using quick changes of direction to get past the shark.

Dribble with your head up

Find gaps/space to dribble the ball through.

Questions that can lead to coaching points:

What can you do to make it easier to get past the shark?

Why should you dribble with your head up?

Should you be looking to dribble where everyone is dribbling or dribble through a space?



\*\*It may be best to have the players go horizontal (like in the picture), instead of goal to goal, for more width and a better chance of getting across\*\*