

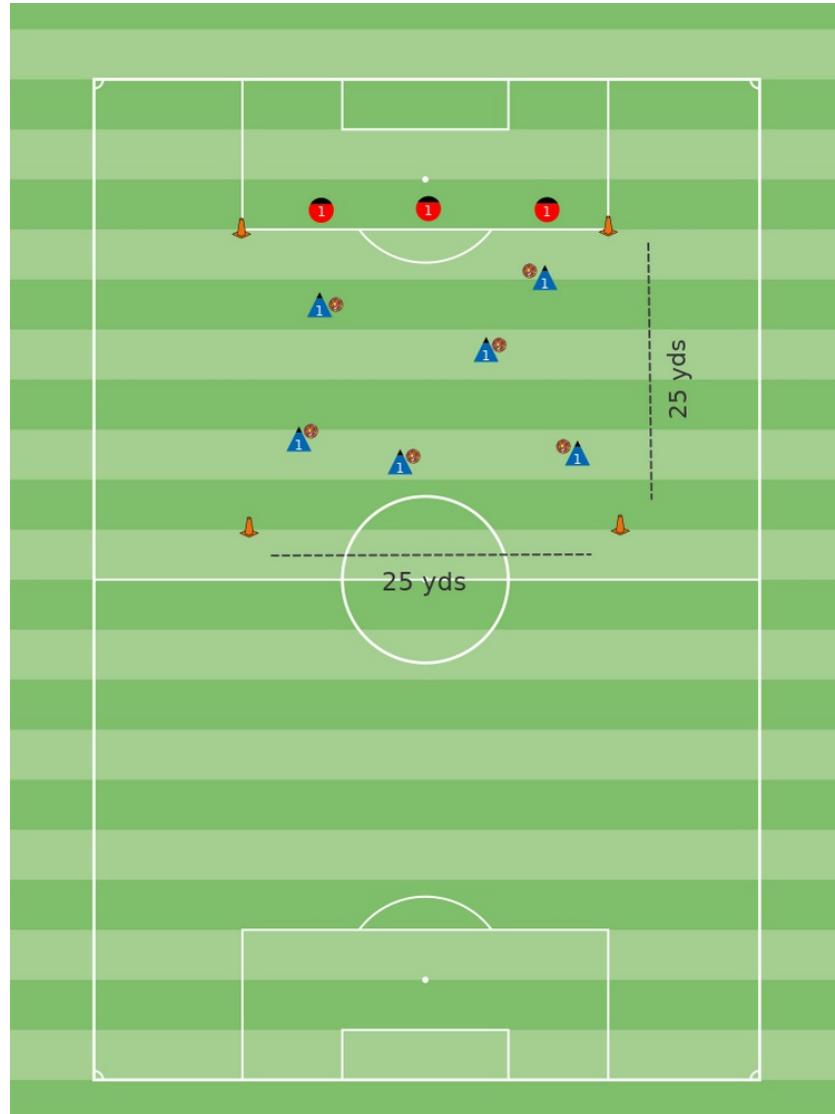


## Sharks and Minnows

OBJECTIVE: Improve the individual player's ability to control the ball dribbling

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Field set up as shown. The 3 circles are the "sharks" and are without a ball. The triangles in the middle are the "minnows" and each minnow has a ball. When the coach says "go!" the sharks try to steal the minnows ball and kick the ball outside of the grid. If a minnows ball is kicked out of the grid the minnow becomes a shark. Play until there is only one minnow left with a ball...this minnow is the winner! Rotate the sharks and play again.

### KEY WORDS:

### GUIDED QUESTIONS:

### ANSWERS:

### NOTES:

### TEAM FUNCTION:

Attacking

### AGE:

U5 / U8

### PLAYERS:

6 vs 3

### DURATION:

7:0 min (4 x 1:0 min, 1:0 min rest)

### INTENSITY:

Hard