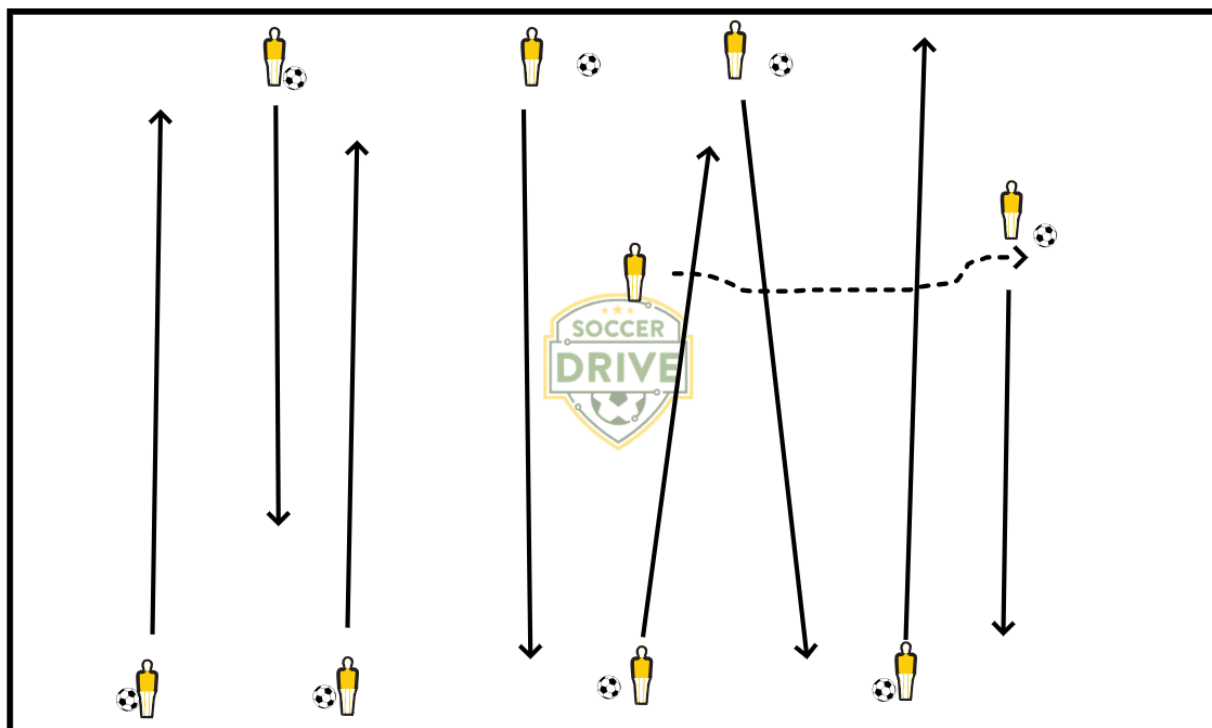




Drill #1 Sharks and Minnows FUN Drill



Description

The Sharks and Minnows dribbling drill focuses on using the body to protect the ball by placing their body in between the ball and the defender.

One player is designated the SHARK and starts in the middle of the grid without a ball. The remaining players start with a ball on one of the end lines.

The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks.

The sharks attempt to gain possession and knock the minnows ball out of the grid. Once this happens, the minnow becomes a shark.

The last minnow standing wins the competition.

Drill Variations

Players only use left foot to dribble.

Players use outside of feet to dribble.

Players use sole of feet to dribble.

Coaching Points

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