

Sharks and Minnows, submitted by Matt Wagner, HIGH 5 Soccer

Objective Dribbling and keeping the ball. getting the ball back

Description

Make a distinct circle, either cones or use the midfield circle, call it the "pond". Buddies are sharks and have to touch the minnows (players). Players run away but keep control of their soccer ball. Once touched, they freeze and kneel down – until all minnows have been eaten by the sharks. We then switch it up and the players are the sharks and the buddies become the minnows (showing ball control to the players). Anyone outside the circle is a "fish out of water".

Dribbling
Getting the ball back
Ball retention

Coaching Points How can you use your body to not let someone take the ball?
How do you get the ball back?

