

DESCRIPTION

Sharks & Surfers - 24x24 yard grid (the ocean) - set up several small squares around the area (these will be beaches) - the players are surfers and will surf (dribble) around the ocean. The coach will be the shark and will chase the surfers - a player can surf to a beach to avoid the shark but set a maximum number of players on any beach and also give them a time-limit to be on there. If a player is tagged they become stranded and must hop to the nearest beach to recover - they recover by doing five jumping jacks before re-entering the game. You can progress to have a tagged player become a shark so the game will get harder as more sharks enter the game.

GAME 1

COACHING POINTS

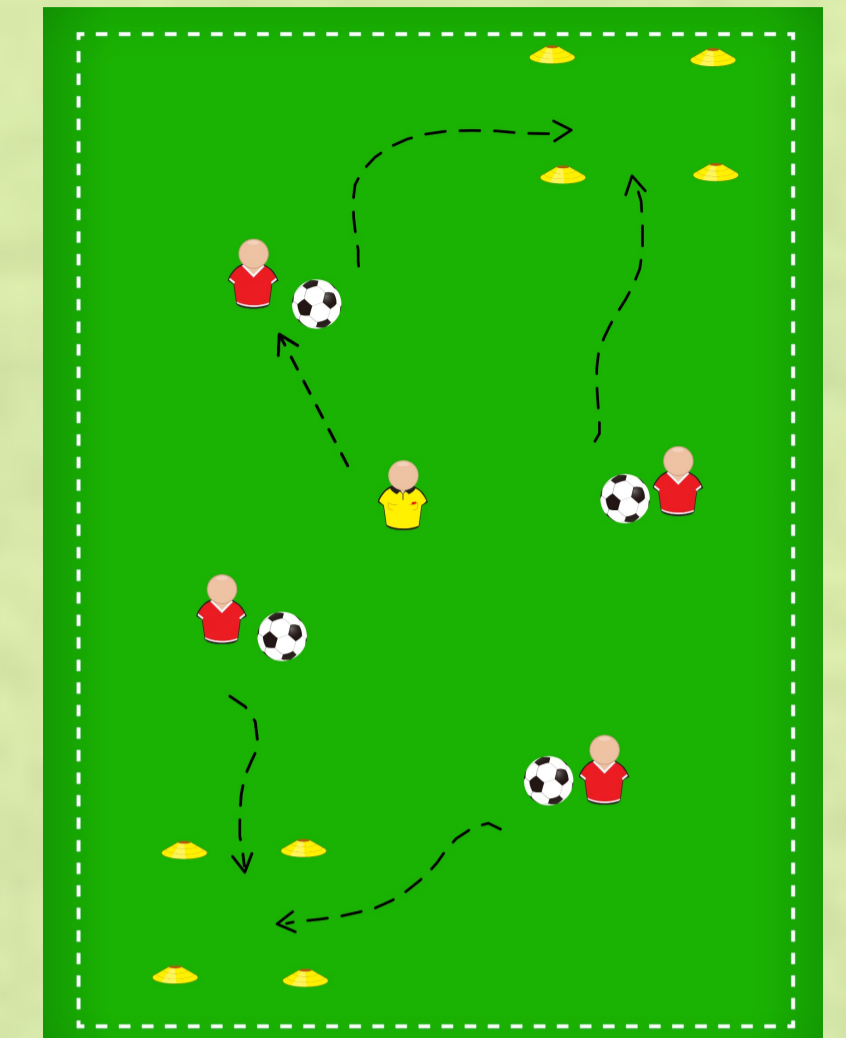
FIRST COACHING POINT

Players should be looking around for the beach as well as the sharks - as soon as they are chased they should be able to get there quickly

SECOND COACHING POINT

Players should use laces when going straight/fast and use inside/outside when they are seeking to change direction quickly

DIAGRAM



Sharks and surfers 2 - 24x24 yard grid with a three yard "beach" at each end - players are in threes with one ball - coach is the shark who is blocking their path across - one team will go one at a time and the objective is to get from one beach to the other safely. They then wait while the rest of the teams take their turn across - make sure you limit the number of teams to four or five to avoid players being stood still for too long. The idea is that the shark is trying to eat their ball so when the shark comes towards them they kick it to a partner. Give each team three lives and deduct a live every time the shark gets their ball.

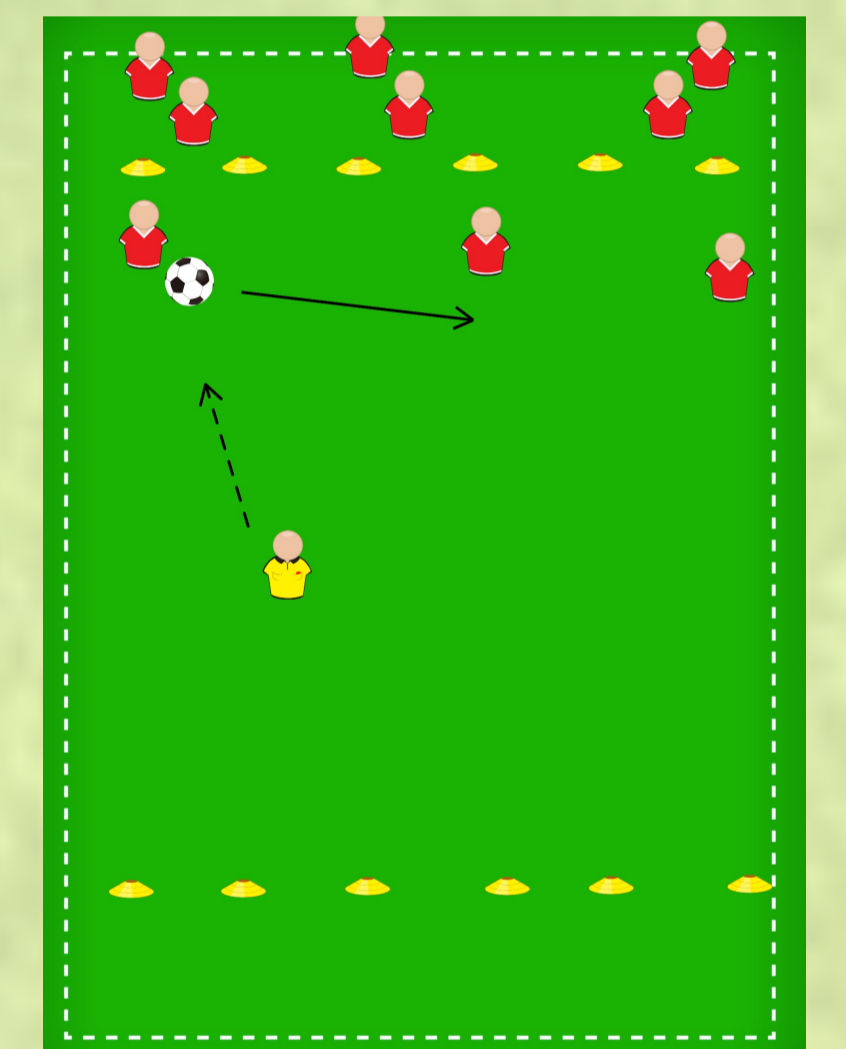
GAME 2

FIRST COACHING POINT

Players without the ball should be spread across the width of the grid to ensure the shark can't trap them all together - for advanced players we can talk to them about being open by avoiding being stood behind the shark

SECOND COACHING POINT

The player with the ball should try to dribble when they can - they should pass when the shark comes towards them



Game time - 30x20 yard field with a small goal at each end - no goalkeepers - try to balance teams to play 3v3 (you may have a team of four if you have a few newer players, or a team of two if you have stronger players). The goal is to have every player involved and kicking the ball regularly

Scrimmage

Try to keep the game flowing without breaking the play too often- have plenty of spare balls so that if it goes out you can toss a new one in. If you see a player being shy or hanging by the goal we can give them the ball and help them dribble up the field.

Try to find instances to reiterate your coaching points - be quick and concise - hi-light the positive application of your topic to show the players what you want them to do. Look out for

- 1) Players stood still and not helping their teammate
- 2) Players running alongside each other as they attack
- 3) One player trying to dribble and not using their support

