



Colorado United Session Plan™

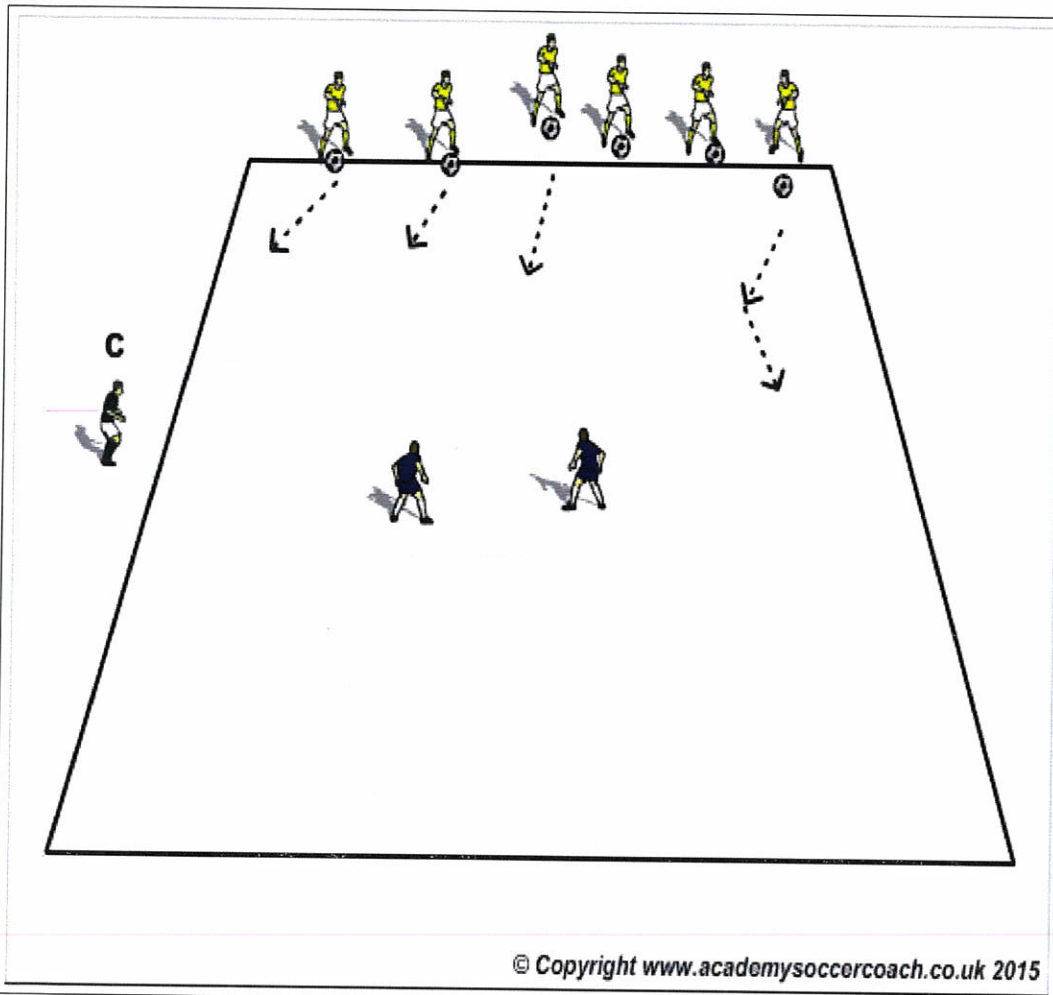


Session Date

Team/Age
Group

Time
Available

Theme Dribbling: Sharks and Minnows



Set-Up / Rules

#479 - Sharks and Minnows

- * 20x20 yard area, 2 players are sharks (defenders) in the middle of the area
- * All other players (minnows) start on the end with a ball each
- * Minnows try and dribble to the other end of the area without their ball being stolen or dribbling out of the area. If it does they become a shark
- * Continue until there is a winner
- * Repeat several times

Key Coaching Points

- * Keep ball close to body
- * Can they dribble away from the defenders?
- * Can they use different parts of the foot to dribble?
- * Can they speed up and change direction?

Email Session

