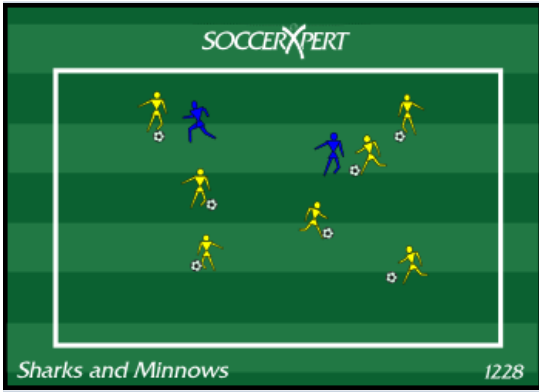




Drill Quick Glance

Age: 4-8	Field: 20X25
Players: 5+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Sharks and Minnows Soccer Drill

Objective:
This soccer drill is designed for U6 and U8 players, emphasizing their ability to dribble effectively under pressure. It also teaches young players how to shield the ball by positioning their body between the ball and the defender, building essential dribbling and ball-protection skills.

Setup

1. Build a grid approximately 20X25 yards. This field should be adjusted based on the skill level and number of players participating.
2. Two players are designated the SHARK start in the middle of the grid without a ball.
3. The remaining player starts with a ball on one of the end lines.

Instructions

1. 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.
2. The sharks attempt to gain possession and knock the minnows ball out of the grid. Once this happens, the minnow becomes a shark.
3. The last minnow standing wins the competition.

Coaching Points

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

Variations

- Players only use left foot to dribble.
- Players use outside of feet to dribble.
- Players use sole of feet to dribble.