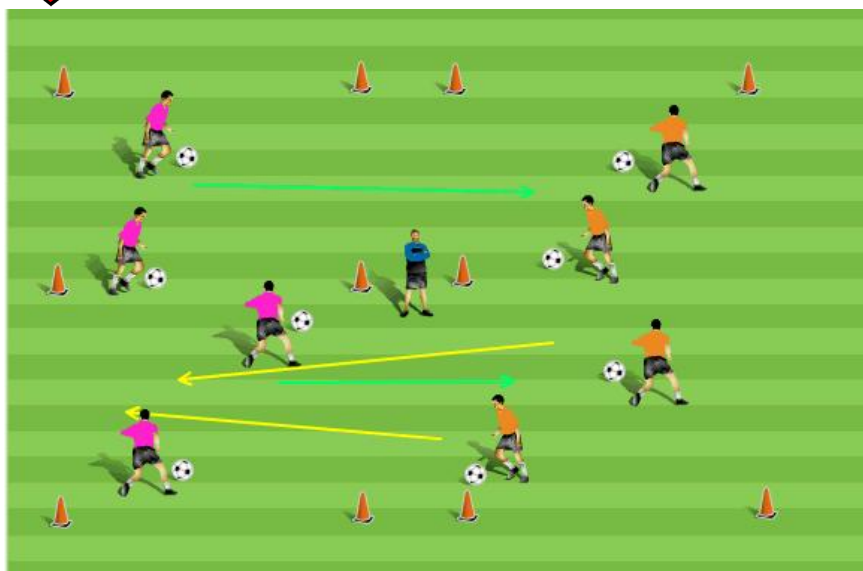
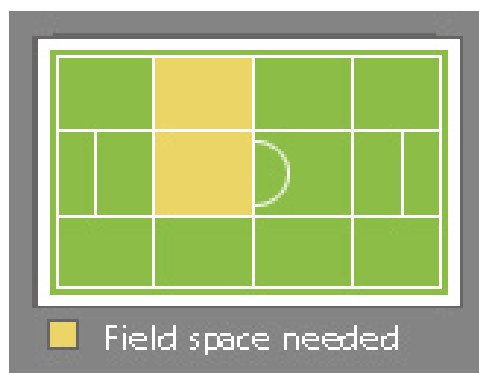


Shark Attack



Materials Needed



Area 30 x 10 yds

- Ball per player
- Cones
- Training Vests

Shark Attack Dribbling, turns

Description:

Cone off an area in the center – 5 yards wide and the width of the area (this area represents the ocean). 4-6 players on a desert island on each side of the ocean – dribbling the soccer ball. Coach is in the ocean – on all fours. When the coach shouts "ISLAND HOP", the players have to cross the ocean without being tagged by the shark.

Coaching Points

- Dribble with the laces
- Head up to avoid collision
- Turn and accelerate into space

Progressions: