

Drill Number

3

Min Age Group:

U7

Min # of Players

5

Drill Name

Sharks & Minnows (Freeze Tag)

Min Time Required

10

Description

Setup:

Mark off an area (20x20, or whatever makes sense for the number of kids). Have each kid with a ball (minnows), except one player that does not have a ball (shark).

Description:

Have the minnows start dribbling, and then release the shark into the area. The shark's job is to get to the other players' balls, either for just a touch or to kick it out of the area. Once a ball has been played, the dribbler (minnow) is frozen; have them take the ball over their head and put their legs apart. To be unfrozen (released), another player (minnow) needs to put a ball between their legs (usually dribbled). Switch the sharks every 30 seconds to a minute.

Coaching Points

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

