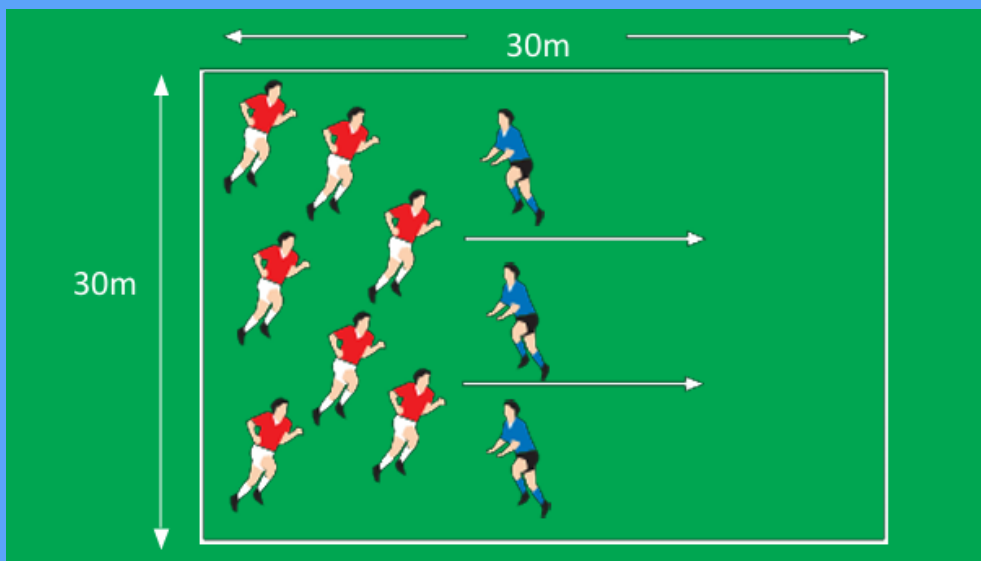


SHARKS AND FISHES

OBJECTIVE – TO DEVELOP EVASION AND DEFENSIVE SKILLS

How to Play

- On the coach's call, players must run to the line opposite without being tagged by a selected defender(s)
- Once tagged, the player then joins the defending team
- Attackers try to reach the opposite side of the pitch to the safe zone.
- This continues until the last attacking player has not been caught
- No more than one defender at a time should attempt to tag any one player



Coaching Points

1. Evasion skills: Side-step, change of pace, change of direction
2. Defensive principles: Move forward, ready position and communication

- 1 Ball for Each Player
- 1 Stack of Cones

Suggested Time: 15 Minutes

FUN, FRIENDLY
AND
FEARLESS... **ONE
PASS AT A TIME**

Progressions

- The coach can select more defenders depending on the size/ability of the group
- The size of the area can also be increased or decreased to either allow more space or increase pressure on players
- Attacking players should all carry a ball if there is enough equipment
- Defensive principles can also be added for defending players