

# MICROS DRIBBLING

## SHARKS AND MINNOWS



**Age:** MICROS

**Duration:** 5-10 MINUTES

### **SET-UP:**

HAVE PLAYERS WITH BALL AT FOOT LINE UP ACROSS ONE SIDE OF GRID. 1 OR 2 PLAYERS WILL BE IN CENTER OF GRID.

### **DRILL DESCRIPTION:**

THE “MINNOWS” TRY TO DRIBBLE ACROSS THE DEEP BLUE SEA WITHOUT GETTING EATEN BY THE “SHARKS”. PLAYERS WHO HAVE THEIR BALL KICKED OUT OF BOUNDS BECOME “SHARKS”. THE GAME ENDS WHEN THERE IS 1 OR 0 MINNOWS LEFT.

### **KEY COACHING POINTS**

“Little Touches”- Keep the ball at your feet the entire time.

“Change Direction/Pace”-When the players are dribbling towards you, change your direction and pace to encourage the kids to turn with the ball under control.

“Heads Up” - Players need to look up occasionally while dribbling so they can see the sharks.