

SHARKS AND ISLANDS - WITH BALL (GENERAL MOVEMENT)

SETUP

1. Using four cones create an area up to 20m x 20m. Modify the size depending on the number of players.
2. Use small cones to make several 1m x 1m 'islands' inside the area. There are fewer 'islands' than 'islanders'.
3. All players start inside the area with a ball each, except for two 'sharks', who have no ball.



HOW TO PLAY

1. The players with the ball ('islanders') dribble around the area, while the two without the ball are 'sharks'.
2. The 'sharks' try to tackle the 'islanders' to take their ball from them. An 'islander' who gets tackled becomes a 'shark' and vice versa.
3. An 'islander' who is on an 'island' is safe, but only one 'islander' can stay on an island at one time. If another 'islander' is coming they have to leave.

PROGRESSION

- BASIC:** Reduce the number of islands or increase the number of sharks.
- INTERMEDIATE:** Change the part of the foot allowed to be used to control the ball.

OUTCOMES

- Dribbling and changing direction and speed with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure