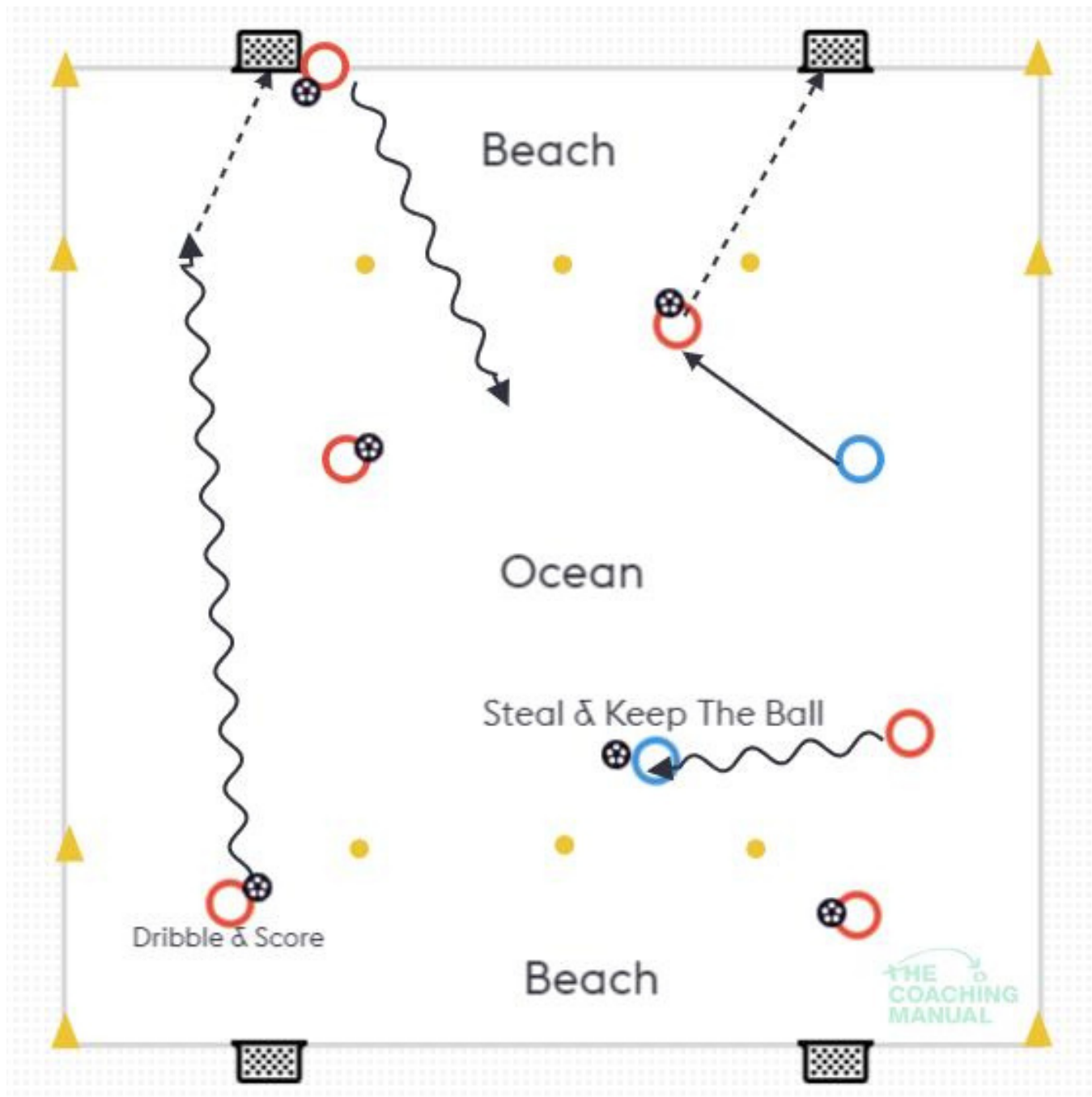


SHARKS & SURFERS



TECHNICAL

Dribbling
Running With The Ball
 Twisting
 Tackling
 Shooting
Teasing
Protecting

TACTICAL

Dribble or Protect?
Dribble or Shoot
 Take On or Turn Away?
Dribble or Run With The Ball

PHYSICAL

Walking
 Jogging
 Pushing
Sprinting
Kicking
Shielding

PSYCH/SOCIAL

Fail & Try Again
 How are your friends playing?
 Don't Give Up
Experiment
Deal With Pressure
Next Game

How To Play: (3-4 minute games)

- 1 or 2 children are "on" As sharks. The rest are surfers with their surf board (ball)
- Aim for Surfers
 - Score as many goals as they can
- Aim for Sharks
 - Steal & keep the ball, 3s = 1 goal
- Who is the best goal scorer?
- Who is the best Shark(defender)?

Progressions

(Play 2/3x per version before progressing again.)

- Three lives: surfers lose their lives, become shark
- Going outis a 10-second penalty before coming back in
 - How can you stay in? Look, Turn, Go

Coaching Points		
<u>In Possession (Me)</u>	<u>In Possession (Team Mate)</u>	<u>Out Of Possession</u>
<ul style="list-style-type: none"> • Courageous <ul style="list-style-type: none"> ◦ Can you beat your player? <ul style="list-style-type: none"> ▪ Dribble/Run With The Ball • Can I Keep The Ball? <ul style="list-style-type: none"> ◦ Dribble/Protect • Can I find a teammate <ul style="list-style-type: none"> ◦ create paths with them ◦ pass to feet or space • Can I create a chance to score <ul style="list-style-type: none"> ◦ twist, turn, tease & "create a yard" for a shot on goal 	<ul style="list-style-type: none"> • Get Away From Danger • Get Away From Team Mate • Create A Clear Path • Communicate <ul style="list-style-type: none"> ◦ time or man on? ◦ Ball to feet or in space? • Support the play <ul style="list-style-type: none"> ◦ movement behind the ball ◦ move ahead of the ball ◦ stretch the play wider 	<ul style="list-style-type: none"> • Get The Ball back <ul style="list-style-type: none"> ◦ Get/Stay Behind The Ball • Can you win and keep the ball? • If you can keep the ball, can you score? <ul style="list-style-type: none"> ◦ With teammates, keep the ball by finding one
<p>Super Power: Freeze Pinnie</p>	<p>Coaching Spectrum: <<<Super Power or Constraint>>></p>	<p>Constraint: Score From The Ocean Only</p>