Activity Title: Middle Day 3 Grid 3

Activity Name: Sharks and minnows (Passing included)

Activity Setup: Divide the players and put them on opposite sides of the grid. (Minnows)

Put two players in the middle holding pennies(Sharks)

Put two lines of cones dividing the grid into three areas with the middle are being 3 yards wide.

Activity Description: Each round starts with the coach saying Go!

Players with the ball will dribble into the space avoiding the sharks, before or at the cone line they must pass the ball to a player on the opposite side. Players on the opposite side can move around their gridded area to receive the ball and then must get the ball back to the line without a shark getting the ball. If a shark gets a ball they replace whoever they got the ball from. If take off the pass or from a bad pass they replace the passer.

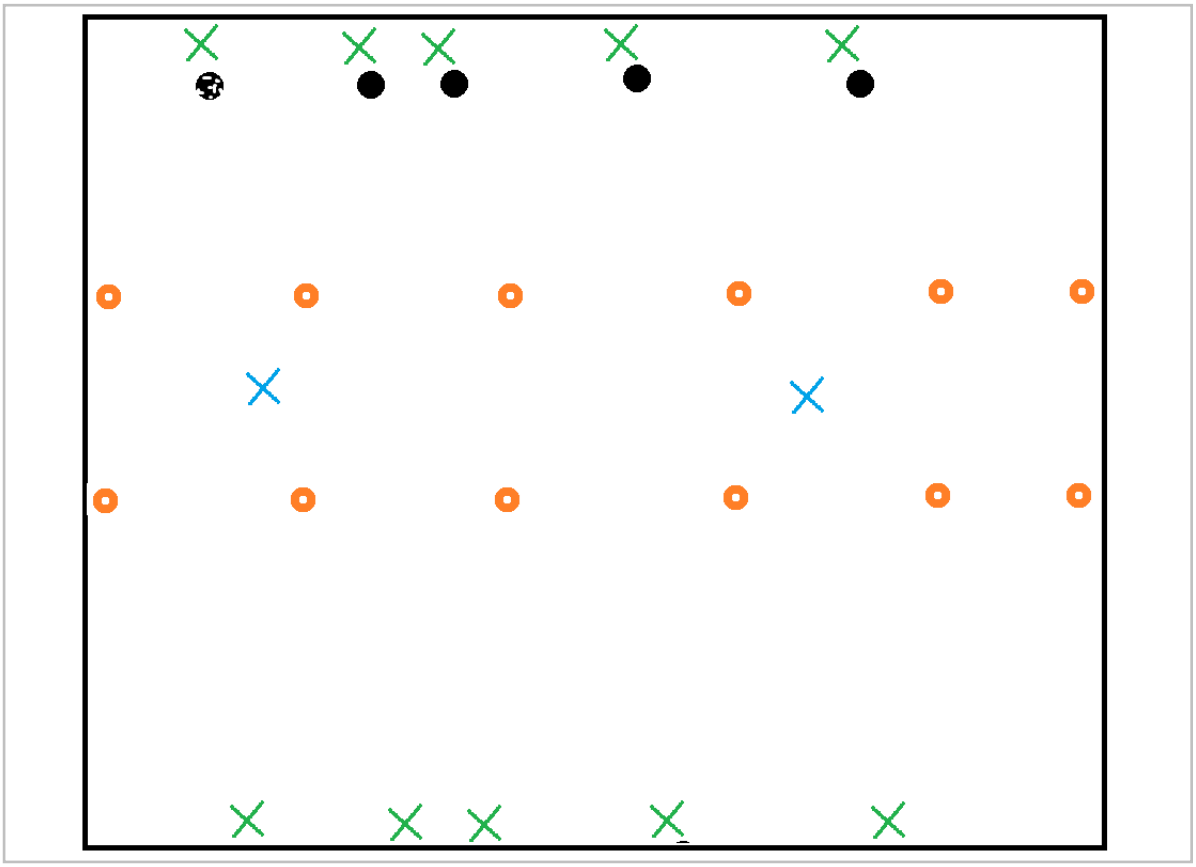
Minnows are restricted to their area, sharks can go anywhere but must start in the middle.

Emphasis:

Quick dribbles to an open lane

Moving to where they can be seen

Cue Words:

Move the feet

Firm Passes