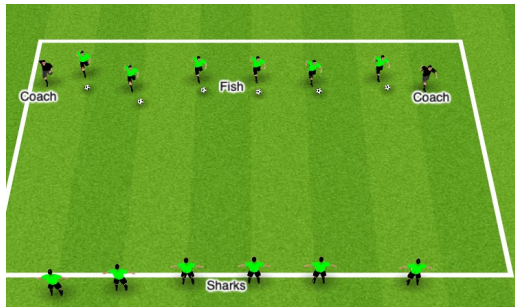## Shark Attack

➢ Split Group in Half
➢ Half with a Ball are the Minos
➢ Half without are the Sharks
➢ At the "GO" the Minos start to dribble towards the Sharks
➢ "Shark Attack" Minos turn and head back "home"
➢ Sharks try to steal their ball
➢ Switch after a few rounds

Small Sided Game

➢ 3v3
➢ Look for Triangles
➢ Ball goes out - Coach puts new ball in
➢ After a goal / teams reset in own half
➢ Flow of Game takes precedent over stoppages
➢ Subs = every 2-3 mins
➢ Repeat: "Spread out" / "Head Up"
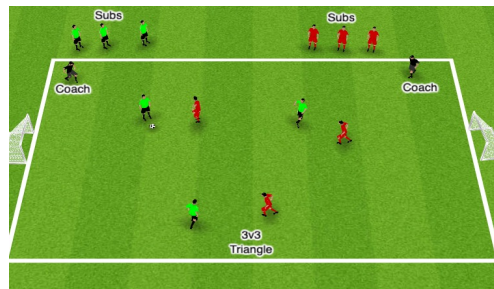
Coaches can go from activity to gameplay and back again multiple times throughout the session & add in any of the other dribbling games they know!!

VANCOUVER UNITED FC

Game. Club. Community.

FIRST KICKS WEEK 4:
U6 "DRIBBLING & GAME PLAY"

Technical Support

➢ Connect with your Technical Lead with Q's
➢ Staff are "ON Field" to run activities with you
➢ Keep it Fun & Safe for ALL
➢ If the ball(s) are rolling; you're doing great!
➢ Your energy becomes their energy
➢ Do Not hesitate to ask Staff for help
➢ Add wrinkles that go with the Topic

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