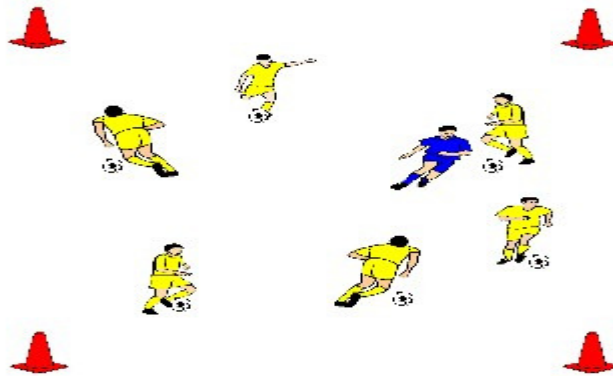


**Drill Name:** Shark Attack

**Age Group:** U/12 & U/13

**Objectives:** Warm up exercise to improve players dribbling, 1v1 and support skills.

**Diagram:**



**Description:** Yellow players start by dribbling around square. Blue players aim is to knock out all the balls outside of the square. If a yellow players ball is knocked out he continues to stay in the square and becomes a supporting player and helps teammates keep ball possession.

**Progressions:** Increase the number of sharks or reduce the area.

**Coaching Points:** Close ball control and understanding relationship of time and space.