	Skill Level	Skill Focus	Age Groups
	Beginner	Ball Control	U5/U6 U8

Title: Sharks and Minnows **Duration:** 10-15-minutes

Setup: 15x15 bigger if needed

Description:
Split the team up into two different groups. When the coach signals one group will dribble across the area from east to west while the other group will dribble across the area from north to south. Once the players reach the other side they will turn around and dribble back.

Coaching Points:
- Stay in control of he ball
- Keep your head up and watch out for other players

Progressions:
- Try to dribble across faster