

SHARKS AND MINNOWS

GAME DETAILS:

Theme: Dodging, Stick Protection, Cradling

Field Location: Any

Field Position: All

Time Needed: 5-10 Minutes

Athlete Development Stage: All

OBJECTIVE:

Minnows pass through the sharks to get to the other side of the "pond".

DESCRIPTION:

You will need one ball per minnow to play this game. The "pond" can be goals, hula hoops, or cones.

EXECUTION:

Players are divided up into two groups of either sharks or minnows. There are half as many sharks as there are minnows to start. All the minnows have a stick and ball. The sharks only have a stick. When the coach says "go", the minnows must pass through the sharks and get to the other side of the "pond". If they lose their ball, they become a shark. Play until all minnows are gone.

SKILLS PRACTICED:

- Dodging, Stick Protection, Cradling

VARIATIONS:

Alternate which hand is used to hold the ball.

DIAGRAM:

