

**Title:** Sharks Tail

**Phase:** 1, Begin The Attack

**Age:** Pre-Academy Phase

**Intensity:** Medium

**Technical**

- Dribbling
- Turning & Skills
- Running With the Ball

**Tactical**

- Ball Protection
- When to Keep / When to Attack
- Speed of Play

**Physical**

- Reactions
- Reaction Time
- Agility, Balance, Coordination

**Psychological**

- Confidence
- Concentration
- Decision Making

**Area Size:** 30x20 Area

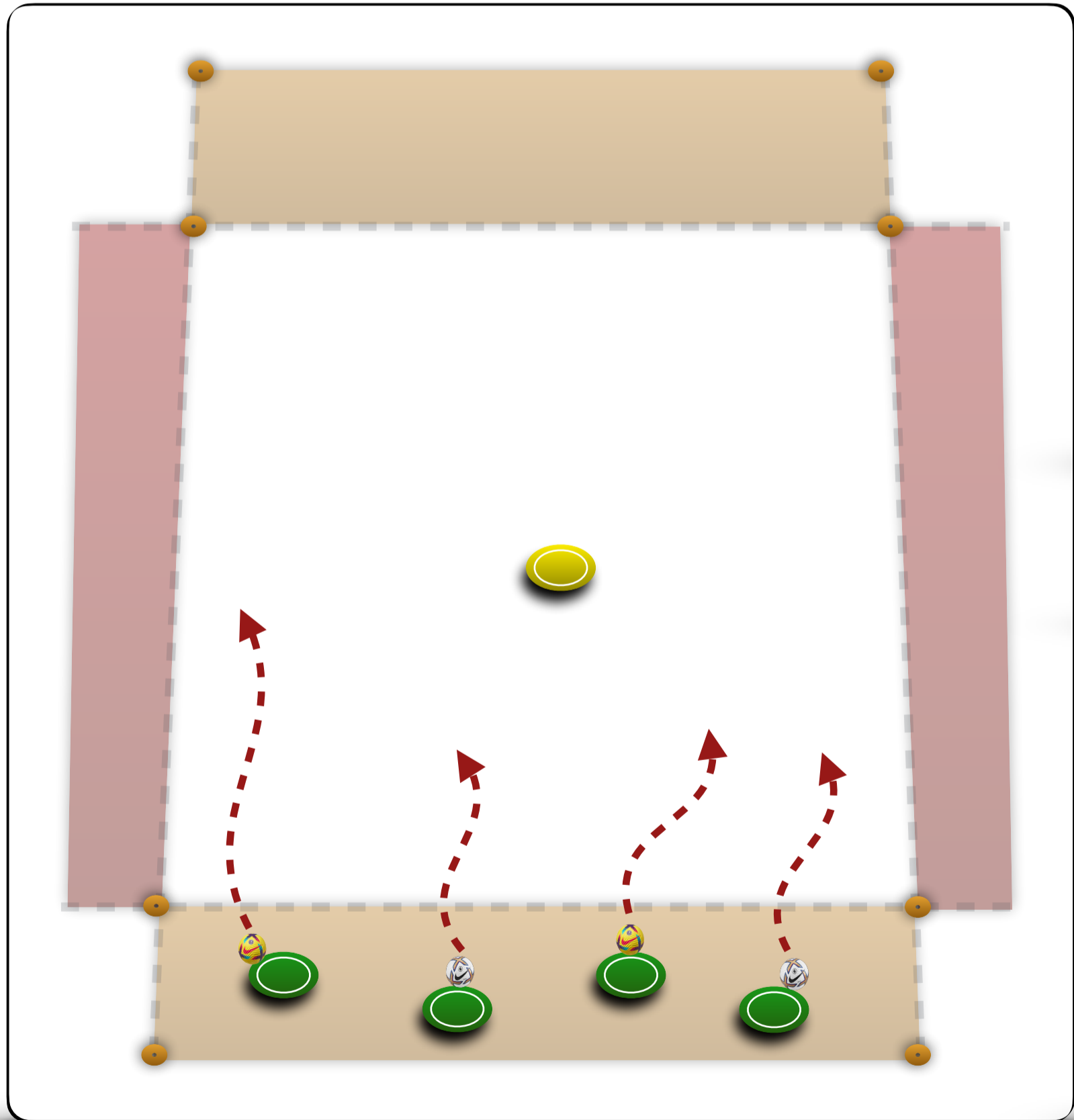
**Players:** 4 +

**Duration:** 20 Minutes

**Session**

**Set Up / Organisation**

**Key Coaching Points**



- 1) 30x20 Area
- 2) **Safety Zones** (for humans) & **Danger Zones** (for sharks)
- 3) **Players & Footballs**

- 1) **Dribbling / Ball Manipulation**
- 2) **Decision making (when to attack / when to protect)**
- 3) **Turning & Skills**

**Progressions**

**Player Challenges**

1. **Info:** Have a story for the player to imagine they are in so that they will understand the challenges they are facing... "You are on a desert island and need to get food from the other island, be aware of the sharks"

- 1) **Can you deal with the ball under pressure**
- 2) **Are you able to decide when to attack with the ball or when to protect the ball?**

**Reflective Practice**

**What Went Well...**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**What Needs Changing...**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Future Considerations...**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

