



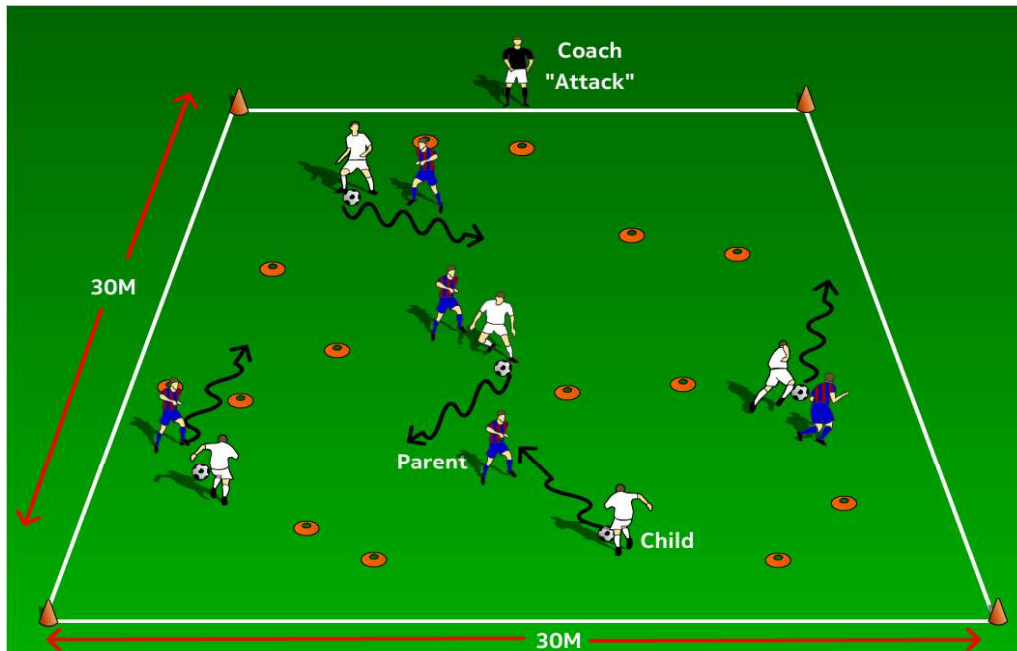
Active Start Shark Attack



Time Frame. 8 minutes

Emphasis

Safe environment
Positive reinforcement
Demonstration of Activity
FUN



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Organization: Players are paired with a parent inside a 30m x 30m area.
Procedure: When the coach calls "Attack" the child with ball attempts to dribble through the gates. The parent without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. The child should always be the winner in the games.

<p><u>Psychological</u> Decision making Safety FUN</p>	<p><u>Technical</u> Dribbling Controlling the ball</p>
<p><u>Physical</u> Change of Direction Running</p>	<p><u>Social</u> Listening FUN</p>