



General: Shark

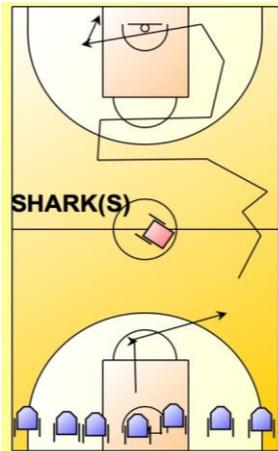


FIGURE 1

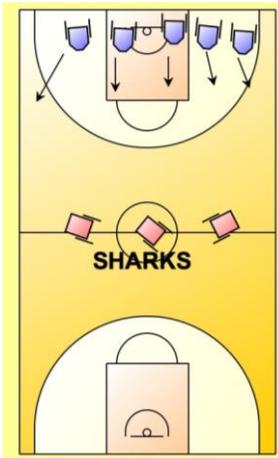


FIGURE 2

OBJECTIVE: To experience a variety of movement patterns and possibilities.

Instructions:

1. 1 or more players are selected to be the "Shark".
2. All other players line up on endline (minnows). (Figure 1)
3. "Shark" yells out "Shark" and players must move from one endline to the other without being caught/tagged by the Shark(s).
4. Once a player is caught, they become a shark.
5. Continue until all players have been caught.
6. Last player is next shark.
7. Can change the movement constraints.

Activity Rules / Games Approach:

- Specify how an athlete is caught (e.g. tagged one hand, etc.).
- Sharks must all be on the centre line to start each sequence.
- Minnows can have a time limit (e.g. 8 seconds to get across centre line).
- Highly skilled players can have additional constraints added (e.g. ball, one hand, etc.).

Coaches Key Points:

- Remind players to use quick hands.
- Remind players of grip - thumbs on tires, fingers around rim, palms in.
- Players should keep centre of gravity over the axles.

Variations/Loading:

- Play side to side across the court.
- Play with a different movement skill:
 - One hand/arm only
 - No hands
 - Alternate hand pushes
- Add a ball and specify the type of dribbling allowed.
- Three Strike Shark - player must be tagged 3 times to become a shark.

Mental:

- Focus on moving to open space.
- Sharks need to communicate their tactics.