



Sharks and Minnows

Appropriate Age Group: 5-12

Skill(s) Practiced: Dodging, Stick Protection, Cradling

Drill Duration: 5 minutes

Resources: 1 ball per minnow, cones

Description: 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 of the minnows have a stick and ball. The sharks only have a stick. On the whistle, 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.

Progression(s): Alternate which hand is used to hold the ball.

Drill Diagram:

