

## PAC MAN

- Organization:** One ball per player.
- Structure:** Random formation in a confined area.
- 8 players = 15x15 yards
  - 12 players = 20x20 yards
- Procedure:** One player with ball, (Pac Man), all others run freely in area. Player with ball dribbles and attempts to hit the other players below the waist by passing the ball at them. Players try to avoid getting hit by the ball. Once a player is hit, he gets his ball and becomes the second Pac Man. Game continues until all players have been hit and have their balls.
- Coaching:** Pass with the inside of both feet.  
Toe up and heel down when passing.  
Keep the ball close.  
Use both feet.  
Change of speed and direction.
- Analysis:** Works on short passing. Improves technical dribbling ability. Increases balance and encourages them to keep head up and see the field.
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## SHARKS & MINNOWS

- Organization:** Every player with a ball.
- Structure:** Confined area approximately 20X20 yards with players lined up on an end line.
- Procedures:** The players (minnows) attempt to dribble from one end line to the other end line without letting the coach (shark) kick their ball out of the square. Once your ball is out of play you join in as a shark until there is only one minnow remaining.

