

# GAME: SHARKS & FISHES

This is a game used to develop: Spatial Awareness, Speed, Ball Control, Defensive Alignment, Communication, Work-Rate.



*Adapted Version - Bulldog*



## HOW TO PLAY

- \*The pitch size will vary depending on the number of players on each team.
- \*Start with 1 or 2 'Sharks' in the middle of the Pitch.
- \* The 'Fishes' must line-up on one Try-line, carrying a Rugby ball.
- \* On 'GO..!' the 'Fishes' must get past the 'Sharks' to the safety of the other try-line. The Sharks must try and Tag the Fishes to add them to their team.
- \* The game continues until you have captured almost all the Fishes.

## COACHING CUES

Key Coaching Cues:

- \* Carry the ball in 2 hands.
- \* Identify and attack the space.
- \* The Sharks must communicate to each other.
- \* The Fishes use speed and footwork.

## GAME CONSTRAINTS

There are multiple adaptations and constraints available for this game:

1. The Sharks can only shuffle from side to side..
2. The Pitch becomes smaller the more Sharks that there are.
3. The Sharks must perform a movement or exercise (e.g. A Press-up on the 'Go..!').
4. The game can be re-termed as an Attack Vs Defence game where the Sharks (Defence) try and fill all the space.
5. Make pitch wider...make pitch narrower etc.
6. Overload the Attack or Defence.

## COACHING REVIEW

Stop – Start – Continue

1. What worked well in this game?
2. What didn't work so well?
3. What will I do differently next time?