

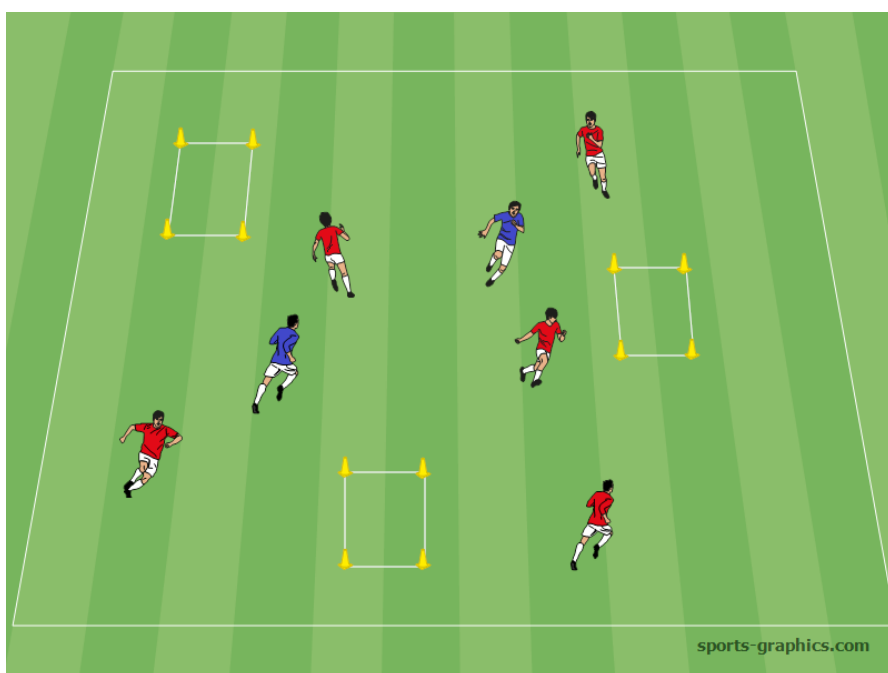
SHARKS AND ISLANDS

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

PHYSICAL

Warm Up

Dynamic Movement



Set up a 20x20 playing area. Modify to suit number of players.

Mark out 1x1 Islands inside the area.

Ensure there are fewer Islands than Islanders.

All players start inside the area as Islanders except for two players who are Sharks.

The Islanders run around the area, while the two Sharks wait until coach command to start the game.

The Sharks try to tag the Islanders as they run around the area.

An Islander who gets tagged becomes a Shark.

An Islander can stay safe on an Island but have to vacate if another Islander wants to move onto the Island.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Start gradually

FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Increase intensity to raise heart rate and muscle temperature.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.

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