



BALL TAG

Emphasis:

This is a fun soccer game that allows players to improve fitness, body movement and gain confidence in dribbling while getting lots of touches on the ball.

Game Info:

This is for ages U5, U8. It is best run with at least 4 players but no more than 20 players. The game should be run approximately 10 minutes on a small field.

The coach will also make sure they have the following equipment: cones and alternate jerseys.

Setup:

Build a grid that is approximately 20X20 (or larger depending on the number of players involved). Each player should have a ball and position them outside the grid initially.

Instructions:

Similar to the other tag games except players try to tag each other with their soccer ball instead of their hand. Designate 2-3 players as "taggers" and give them a ball. Instruct the "taggers" to tag (touch) other players within the grid and then drop the ball. Once the player gets tagged they must pick the ball up and become a "tagger".

Progression:

- Each player to have a ball and dribble away from the "tagger"
- Each player has a ball and tries to tag the other players by passing their ball to hit (softly) either the player or the player's ball.

Coaching Points:

- Move quickly away from the "tagger" to avoid being tagged
- When tagged, pick the ball up quickly to tag other players
- Players keep the ball in close control
- Move the ball away from the "tagger" using all surfaces of the foot..
- Head up where they can see ball, other players and the "taggers"..