



HOSPITAL TAG

Emphasis:

This is a fun soccer game that allows players to improve fitness and body movement.

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 5 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).

Instructions:

Instruct the players to tag (touch) other players within the grid. Once the player gets tagged they must hold that area of the body that was tagged while avoiding other tags and attempting to tag others.

If players are tagged a 2nd time they must hold both tagged areas while running. If the player is tagged a 3rd time, the player must move to the outside of the grid and perform an exercise such as 25 toe touches, 4 juggles or 25 foundation touches.

Progression:

- None

Coaching Points:

- Keep moving to avoid the "tagger".
- Head up where they can see the "tagger" and other players.
- Move the body to avoid being tagged in areas which make it difficult to run/move
- Sprint to get away from the "tagger".