



SOCCER 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 15 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:

Every player dribbles a soccer ball in the space defined while trying to tag (touch) each other with their hands. Players cannot leave their own ball. Have them keep count of how many players they have tagged and, if playing twice in a row, see if players can tag more players than they did in the first game.

Progression:

- Players must tag other players on their knees
- Put the alternate jerseys in the back of the player's shorts, the other players have to pull the jersey out and drop it on the floor.
- Have the players pull the jersey from player's shorts and keep hold of them. Count who has the most at the end of the game.
- Each player has a ball, designate 2-3 players as the "taggers". "Taggers" count how many tags they get.

Coaching Points:

- Constant movement to avoid being tagged
- Move the body to avoid the jersey being pulled out
- Keep the ball in close control.
- Head up where they can see ball and players.
- Use all parts of the foot while dribbling (inside, outside, bottom, top)