

Shin Tag

Emphasis: Changing direction and changing speeds while maintaining control of the ball.



Objective:

Fun! For players to develop a comfort level on the ball while moving and changing directions.

Progression:

1. Every time a player tags another player on the shin they will receive a point. Every time a player gets tagged they subtract a point.
2. Players need to develop an eye for getting in and landing a tag, while at the same time they must explode away from that area so they won't be tagged.
3. As play continues, change the area that one is tagging to increase the difficulty (Example- Ankle)

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance
- Change speeds quickly
- Develop a vision for what's around you