

Team Tag

Emphasis: Passing, receiving, warm up



Set-up:

Create a 44x18 yard grid (penalty box). Position 8-10 attackers, 2 defenders, and two balls inside the grid.

Objective:

The attacking players pass and dribble two balls around the grid. The two defenders must attempt to tag one of the attackers while they are in possession of the ball. If the tag is made, that attacker has been eliminated from the grid and must juggle on the side. Take note how long it takes the two defenders to tag all players. After each game, switch the roles of the players and see how quickly the defenders can get the job done.

Progression:

1. The attackers only have 2 touches.
2. Reduce the size of the grid.

Coaching Points:

- Defenders must work together to close players down.
- Attackers must provide passing angles and must keep the ball moving.