

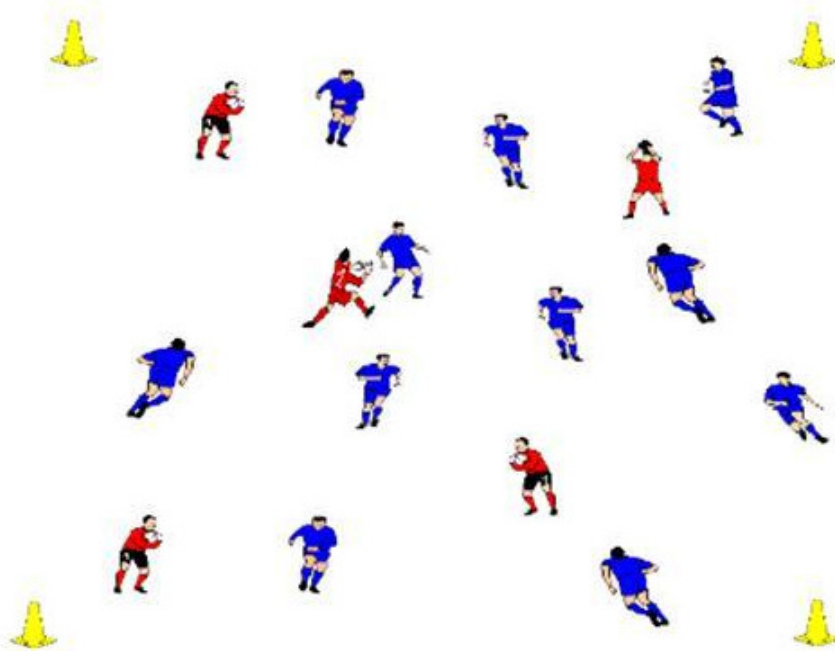
Topic: Warm Up/Fun Game
Drill Name: Ball Tag

Age Group: U/7 to U/9

Objectives:

1. Fun games that increase coordination and spatial awareness
2. Fun games that improves social interaction
3. Gross motor activities that develop sound movement patterns

Diagram:



Description: Players jog around inside the 25m x 25m area and throw 5 balls around to any available player. Once the coach calls play, the players with the ball become the taggers and try to tag players with out a ball between the shoulder and hip. Once the tagger has tagged a player, they give the ball to that player and that player becomes the tagger. The coach calls stop after 1 minute.

Progressions: More footballs, smaller space, less time

Coaching Points: Body position, chest to the ball, fast movement, spacial awareness, getting close or on the blind side of players before throwing the ball.