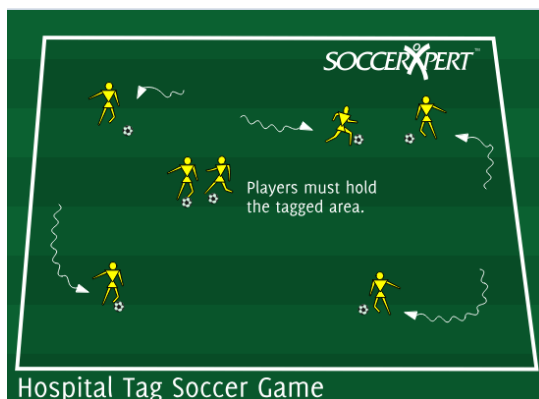




Hospital Tag Soccer Game

Drill Quick Glance

Age: 4-8	Field: 20x20
Players: 10	Time: 10 min.
Difficulty: Easy	Focus: Dribbling
Keeper: No	Type: Team
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Equipment

Disc Cones/Markers

Hospital Tag Soccer Game

Objective:

Hospital Tag combines fun with skill development, reinforcing dribbling techniques in a lively, competitive setting. This drill keeps young players engaged while challenging them to maintain control of the ball under pressure. The focus is on improving dribbling accuracy and agility in a dynamic environment.

Setup

1. Use cones to create a small rectangular or square area appropriate for the number of players (e.g., 20x20 yards for about ten players)
2. Each player starts inside the grid with a soccer ball.

Instructions

1. In the grid, players dribble around and play a modified version of tag while avoiding getting "injured" while dribbling.
2. If they get tagged, they need to place one hand on the spot where they were tagged (this is their "injury").
3. If they are tagged again, they place their other hand on the new "injury" spot.
4. If they get tagged a third time, they are too "injured" to continue and must see the "doctor," the coach. They can get back in after doing toe-taps or foundation touches. After the player has performed their skill, the coach says, "You're healed!"
5. The healed player rejoins the game of tag.

Coaching Points

- Holding their arms will focus on balance without using their arms.
- Encourage players to keep their heads up while dribbling to see where the taggers are.
- Remind players to use both feet while dribbling to improve control.
- Focus on dribbling with close control and quick changes of direction to avoid being tagged.

Variations

- N/A