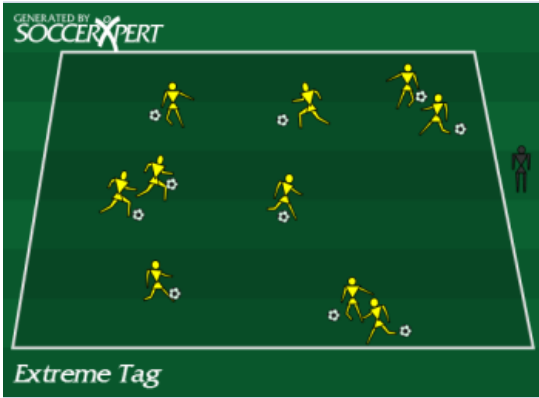




Drill Quick Glance

Age: 4-8	Field: 20X20
Players: 4+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Extreme Tag Soccer Game

Objective:
The Extreme Tag soccer game is a fun soccer drill that focuses on young soccer players dribbling skills and aids in player awareness. It is a great drill that causes players to change directions quickly to find space to avoid being tagged.

Setup

1. Create a grid that is approximately 20X20 yards.
2. The size of the grid can vary depending on the number of players.
3. Each player should have a soccer ball.

Instructions

1. Players dribble around in the grid trying to avoid a tag from the other players.
2. The tag must be below the player's knee to receive credit for the tag.
3. Each successful tag below the knee will result in a point being awarded to the tagging player.
4. If the player gets tagged, a point is subtracted from their total.
5. The first player to 5 wins that round.
6. Play a couple of rounds depending on the length of time each game takes.

Coaching Points

- Make sure players are dribbling with their head up
- Instruct players to find open space.
- Players will want to leave their ball when being chased, so make sure the players keep their ball in close control.
- Make sure the kids have FUN!

Variations

- NA