



Drill Quick Glance

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

Disc Cones/Markers | Scrimmage Vests

Tail Tag - Fun Soccer Game

Objective:
Tail Tag is an energetic game designed to enhance agility, spatial awareness, and quick decision-making for U6 players. This drill encourages young players to stay alert and react swiftly to changing situations. The focus is on developing foundational movement skills in a fun and engaging 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 10 players).
2. Each player will need a pinnie and a soccer ball.
3. Instruct the players to tuck the pinnie into the back of their shorts or waistband like a "tail."
4. The tail should hang out enough to be easily grabbed but not so long that it drags on the ground.

Instructions

1. Players must keep their tails secure while trying to pull out other players' tails.
2. Once a player's tail is pulled out, they can either be "out" until the next round starts or pick up their tail, put it back in, and continue playing, depending on how you want to run the game.
3. At your whistle or command, players start moving around the play area, trying to catch the tails of other players while protecting their own.
4. Players can use any part of the area to avoid getting their tail pulled but must stay within the boundaries.
5. When a player successfully pulls a tail, they should hold it up and continue playing. If you allow players to reinsert their tails, they can pick up their tails, re-tuck them, and keep playing.
6. The round can end after a set amount of time (e.g., 2-3 minutes) or when most players have pulled their tails.
You can then reset and start a new round, returning players their tails.

Coaching Points

- Encourage agility and quick movements to dodge other players.
- Remind players to keep their heads up to see where other players are coming from.
- Praise players for their effort, quick thinking, and fair play.
- Reinforce sportsmanship by reminding players not to be overly aggressive when grabbing tails.

Variations

- Last Player Standing: The game continues until one player is left with a tail.
- Tail Count: At the end of the round, the player with the most collected tails wins.
- Tail Reset: After losing a tail, players can earn it back by performing a skill, like dribbling around a cone or doing a quick exercise, before re-entering the game.