

DRIBBLE TAG (GENERAL MOVEMENT)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. The players starts in the area with a ball each. 2 players are given bibs and start as 'taggers'



HOW TO PLAY

1. The players dribble around the area and try to avoid being tagged
2. The 'taggers' must keep close control of their ball, but aim to tag another player
3. All players, including 'taggers' cannot lose control of their ball
4. If a player loses control of their ball or is tagged, they become the 'tagger' and take the bib
5. A tag doesn't count if the 'tagger' loses close control

PROGRESSION

- BASIC:** Specify the part of the foot players must use
- INTERMEDIATE:** Specify dribbling only with the players non dominant foot

OUTCOMES

- Develops faking skills, speed, change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops close ball control at speed