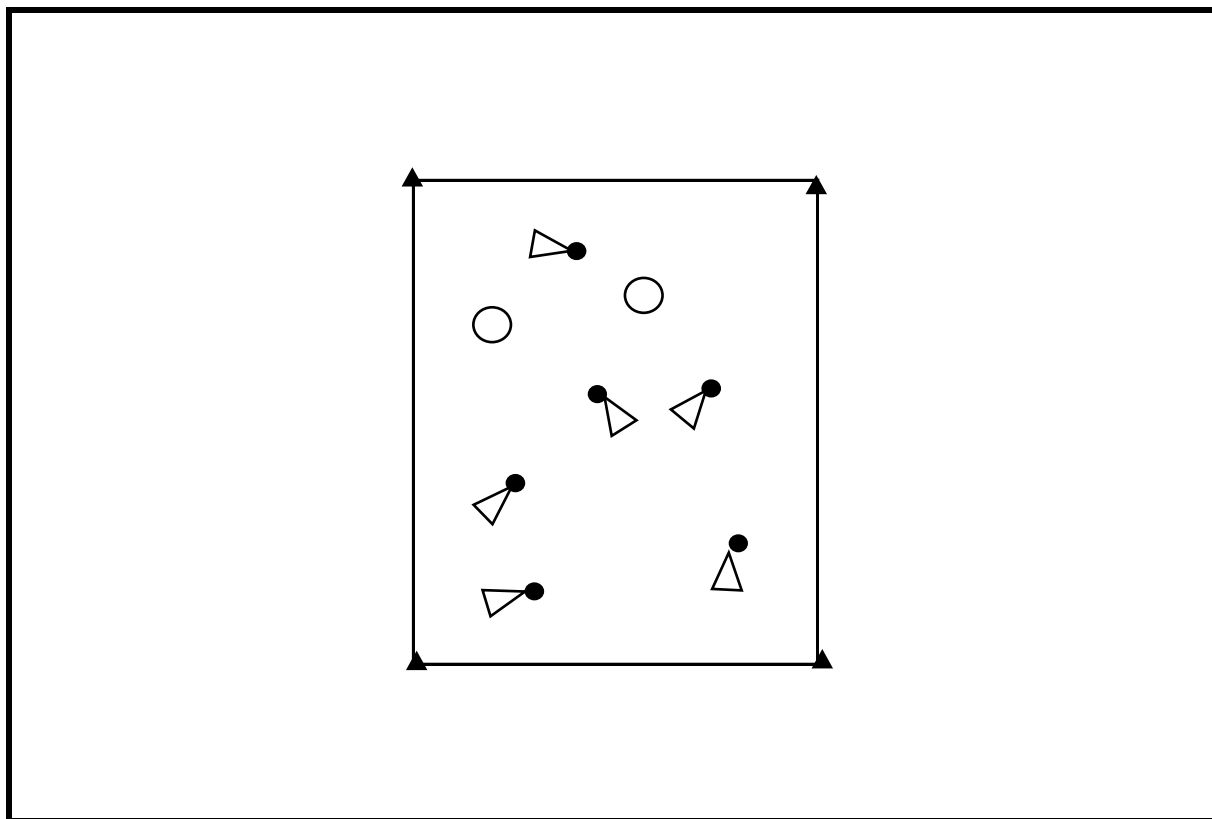


Dribbling Tunnel Tag

Fun Game



Objective: Dribbling under pressure, Shielding

Time: U7-U8 12 minutes

Grid Size: 20 yards (length) x 15 yards (width); vary size by age and ability

Equipment: 4 cones, ball for each attacking players, two training bibs

Organization: Two taggers (defenders), all other players (dribblers with a ball)

Rules: Tagger is attempting to touch dribblers ball. If dribbler is able to retrieve ball, before the ball stops (then continue dribbling). If not, ball over head and creates tunnel through legs. Dribbler returns to game, when another dribbler, dribbles ball between legs (Tunnel) Rotate taggers every 60-90 seconds.

Coaching Points: Close control of the ball, "Soft touches!"
Dribbling with head up (vision)
Maintaining possession of the ball (shielding)
Changing direction and changing speed
Defenders working as a team

Variations: How many players can taggers tag in allotted time? Can taggers tag all dribblers before end of allotted time?

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