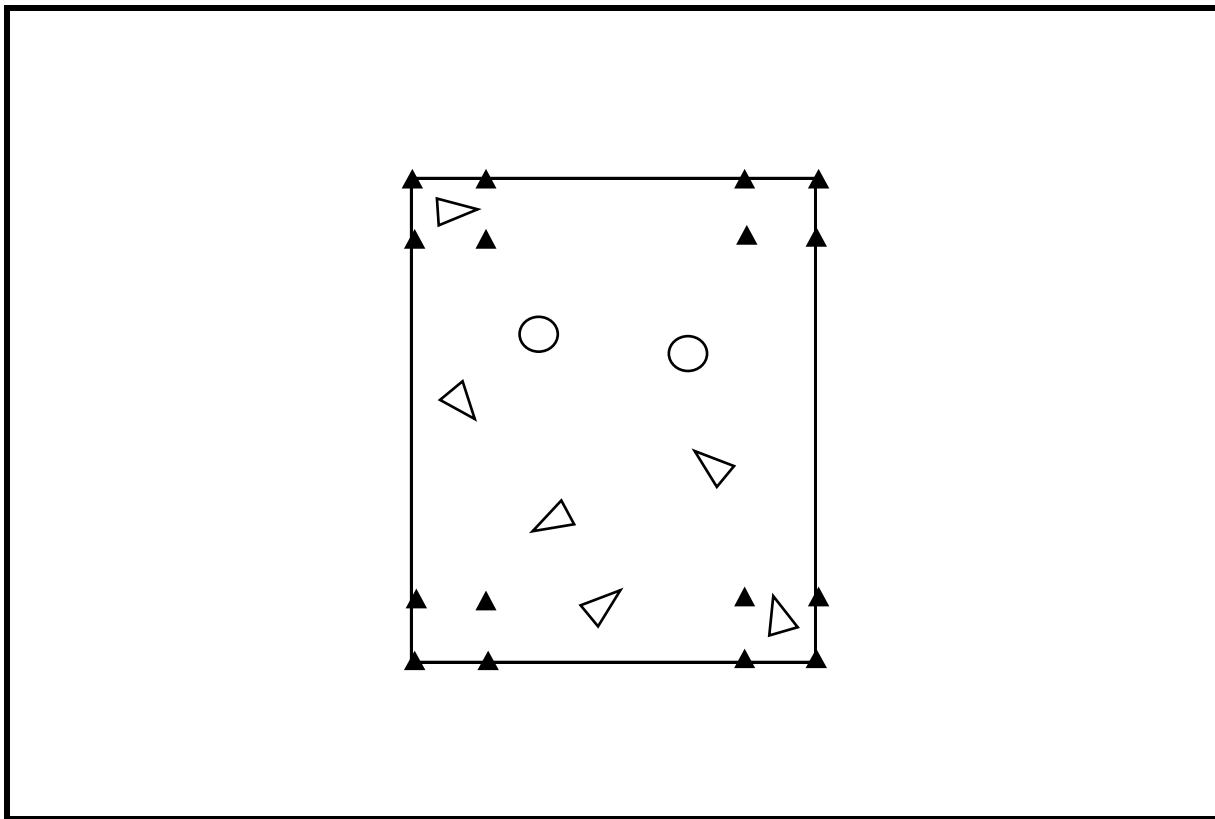


Four Corners Tag

Fitness



Objective: Improving coordination, speed and agility

Time: U7-U8 12 minutes

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

Equipment: 16 cones, one training bib

Organization: One or Two taggers, all others are runners

Rules: Runners can use Safe Zone (corners). Only one runner per Safe Zone at a time. If a second runner arrives in Safe Zone, the first runner must leave. Runner if tagged, crouches down. Rotate tagger every 60-90 seconds.

Coaching Points: Changing direction
Changing speed
Reaction Speed
Vision

Variations: Have runners become dribblers by adding balls.