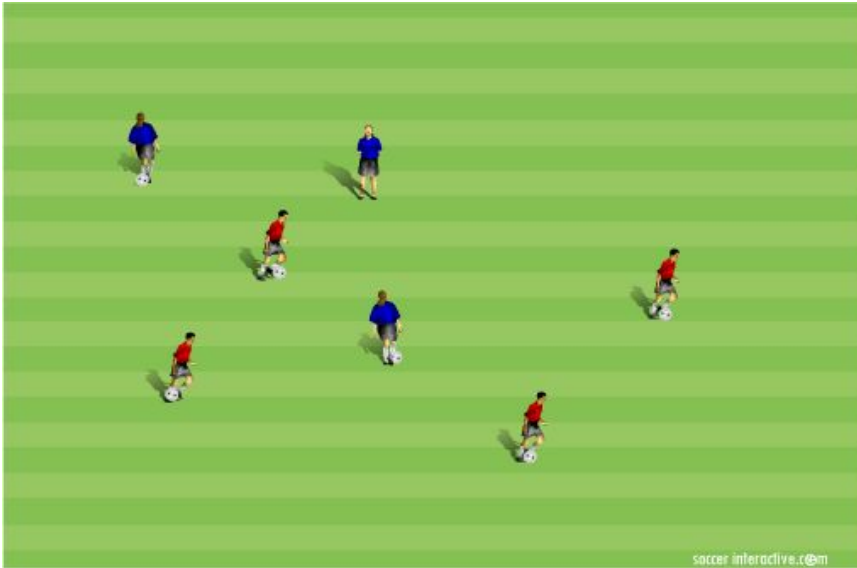
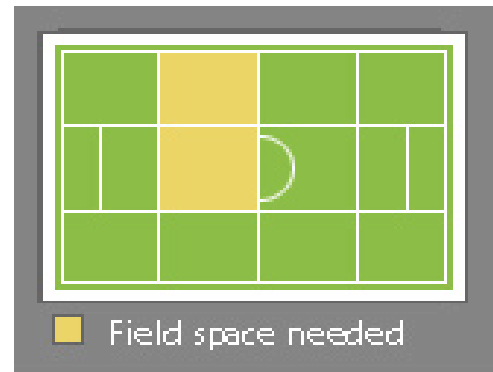


Knee Tag



Materials Needed



20 x 25 playing field

- Cones
- Large supply of balls
- Group of players

Knee Tag Dribbling

Set Up & Progressions:

Every child dribbles a soccer ball in a defined space while trying to tag other players on the knees with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more knees than they did in the first game.

Objectives:

To develop confidence in the players ability to manipulate the ball and keep it under control.

Coaching Points

- Head up while dribbling
- Bend knees and stay on balls of feet
- Lots of touches to ensure close control