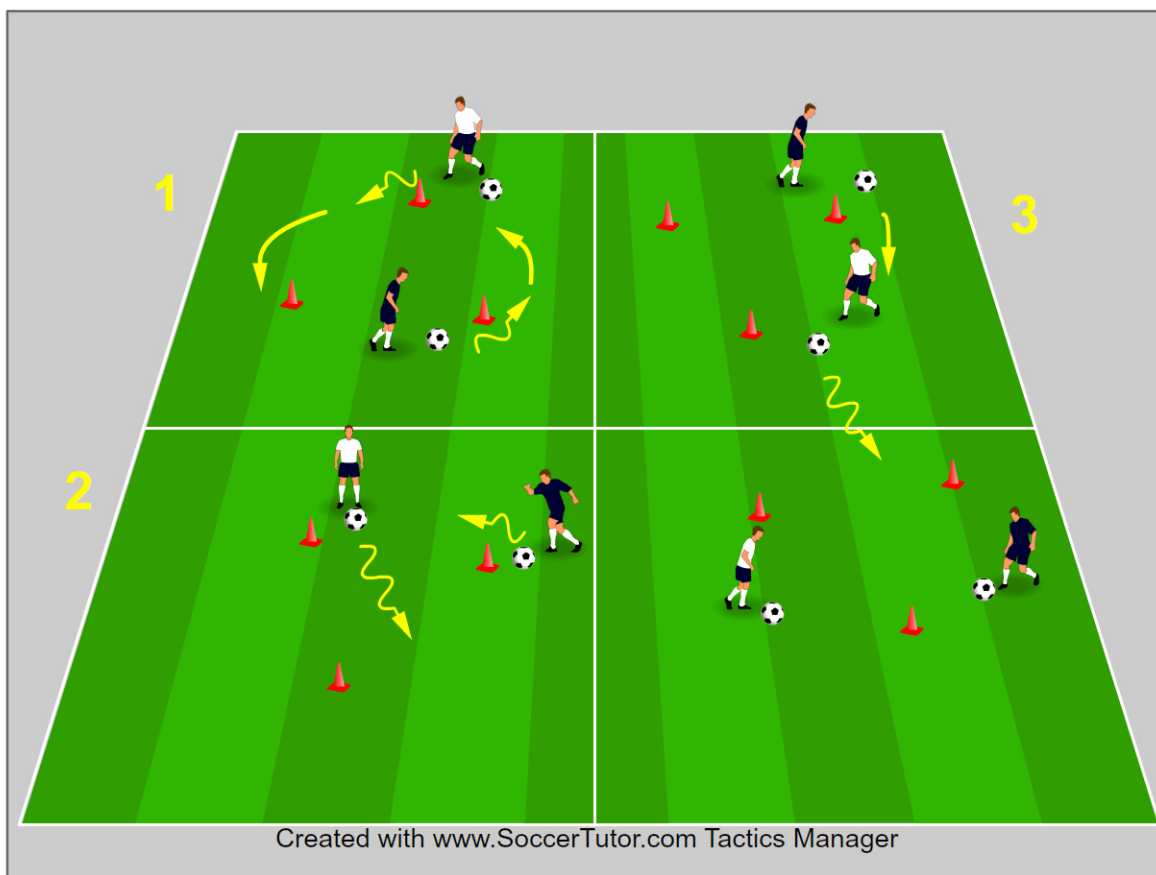


WSA Tag Game - Dribbling U9/U10



Date:	21/Aug/2014	Measurement:	30 x 30 Yards
Time:	N/A:N/A	Players:	8
Duration:	15	Level/Age Group:	U8 - U10

Description: Both players are given a ball and line up on the outside of a triangle. Sides are about 3-5 yards long.

1 The blue player attempts to tag the white player while both players are dribbling a ball. The ball can not go through the triangle.
You can vary the length of the sides of the triangle to make it easier or harder.

Objective: Increase dribbling skills under pressure of an opponent

Coaching Points:

- 1 - Keep the ball close
- 2 - Use both your feet
- 3 - Limit your touches when changing direction
- 4 - Keep your head up
- 5 - Speed up after changing direction of the ball

Progression:

- 2 White is allowed to go through the triangle to get away
- 3 White can dribble to another triangle.