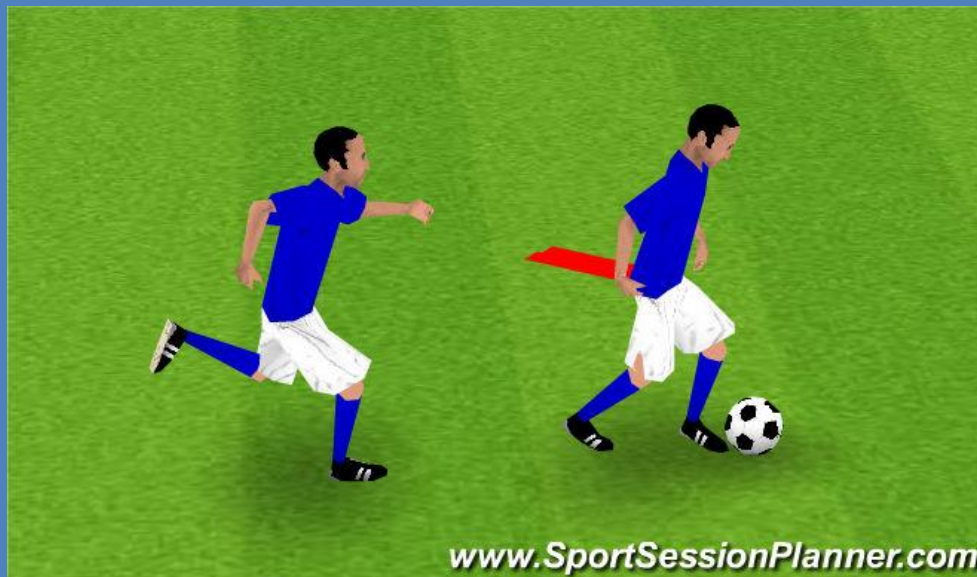


## Tail Tag



[www.SportSessionPlanner.com](http://www.SportSessionPlanner.com)

## RULES

- All players with a ball except one 'tagger' without a ball
- All players with a ball also have a pinnie in shorts as a 'tail'
- Tagger tries to grab pinnie/tail
- If a tail is caught, players swap and the new player with out tail is the tagger

## POINTS

- Keep head up
- Look for tagger
- Find space
- Change speed and direction

## Gates (individual)



[www.SportSessionPlanner.com](http://www.SportSessionPlanner.com)

## RULES

- Each player with a ball
- Sets of cones spread across field make 'gates'
- Players have 20 seconds to see how many gates they can get through

## POINTS

- Keep ball close
- Keep head up
- Find open gates
- Slow down before gate and speed up going through gate

## Gates (1v1)



## RULES

- Players in pairs with one ball
- Players play 1v1 for 30 seconds
- Player with the ball tries to get through as many gates as possible
- Player without ball is trying to get ball
- If player without ball gets the ball then they go through as many gates as possible

## POINTS

- Keep head up
- Look where opponent is
- Dribble into spaces where gates are
- Keep body between ball and opponent

## 1v1 to 4 goals



## RULES

- 2 teams either side of the coach
- 4 goals near each corner
- Coach throws ball in, 1<sup>st</sup> person from each team tries to score in a goal by dribbling ball through

## POINTS

- Be ready and first to ball
- Try and go to the closest goal
- Change speed and direction if defender is close
- Keep ball under control

# GAME



# RULES

- 4v4 with no goalkeepers

# POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal
- If a team mate is open look to make a pass
- Take early shots