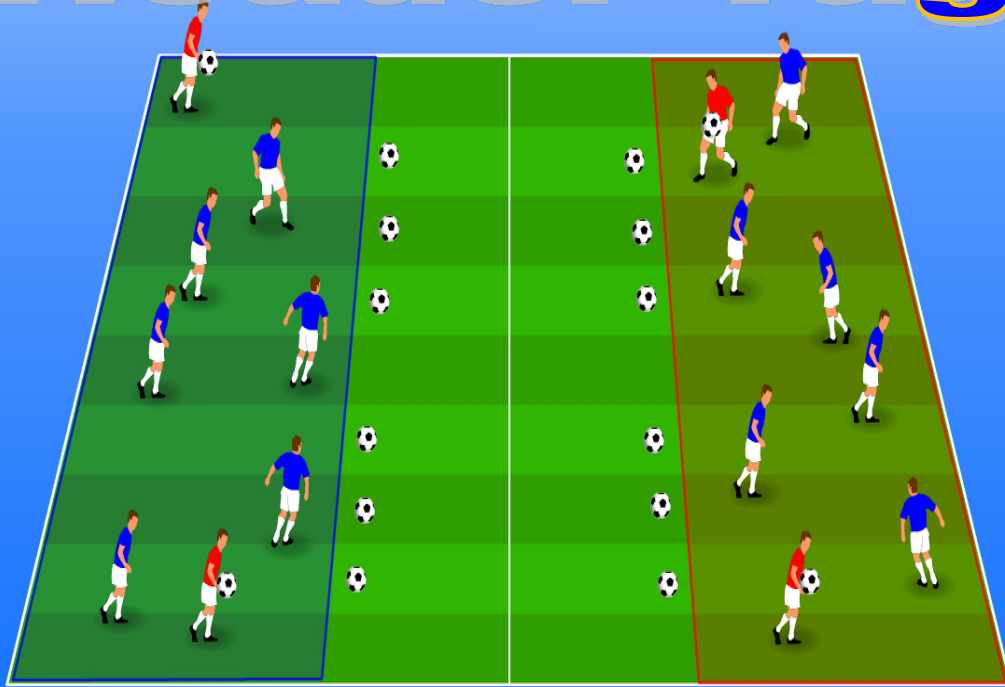


Header Tag



Set up

Total Duration = 15 minutes

- Total Grid Size = 20 yards width x 30 yards length
- Number of Players = 12 - 16 players
- Number of Soccer Balls = 1 ball per player
- Number of Goals = No goals

Organization

- Set up the playing areas into 3 mini grids that are 20 yards wide x 10 yards long. Then select 4 players to be the taggers.
- Split the players up into two groups with 2 taggers in each grid and the middle grid left empty, except for the soccer balls.
- The taggers must head the soccer ball out of their hands and hit the runners with the ball.
- Once the runners are hit with the ball, they must dribble a ball from the grid they were hit in to the other grid and stop the ball outside.
- They will then enter the new grid and begin avoiding the tagger in that grid.
- Switch the taggers every 2—3 minutes.

Progressions

- ⇒ Add in soccer balls for players to dribble with during the entire activity. Taggers must then hit the ball instead of the player.