



## SOCCER FREEZE TAG

Ball Control: Dribbling In Traffic, Under Pressure

Defense: Move to Close Space

### COACHING GOALS

During this drill, my team will:

- Learn how to dribble with control in traffic with some defensive pressure.
- Learn how to change direction while dribbling in traffic.

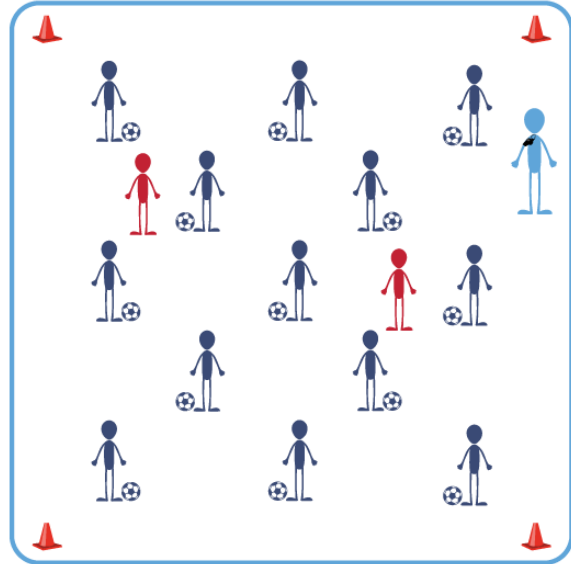
### EQUIPMENT & SET-UP

Equipment:

- 1 soccer ball per player
- 4 cones to set boundaries

Set-Up:

- Choose 1 to 4 players to act as Taggers (defensive players). Scatter taggers in the activity area.
- All other offensive players have a ball and find personal space within the boundaries.



### HOW TO PLAY

1. This game is called Soccer Tag. The goal is to dribble your soccer ball in open space without being tagged.
2. On the start signal, begin to dribble. Taggers will do 5 jumping jacks before moving to tag other players. Taggers, tag with an open hand on the back, shoulders, or arms.
3. If tagged, hold your soccer ball above your head and make a goal with your feet spread apart. You're free when someone passes a ball through your legs.
4. Offensive players score 1 point for every teammate they set free.
5. On the whistle, everyone will freeze. Change taggers every 3 minutes.
6. ADD CHALLENGES:
  - Begin with 1 tagger and then add taggers to increase pressure. Larger areas decrease the challenge – smaller areas increase the challenge. Focus on and practice 1 technique for changing directions in each round of play.

### FOLLOW-UP QUESTIONS

Now that we've practiced, let's see what we've learned:

- Q1: Why is it important to be able to change directions when you're dribbling?
- Q2: What are some ways you can quickly change direction?