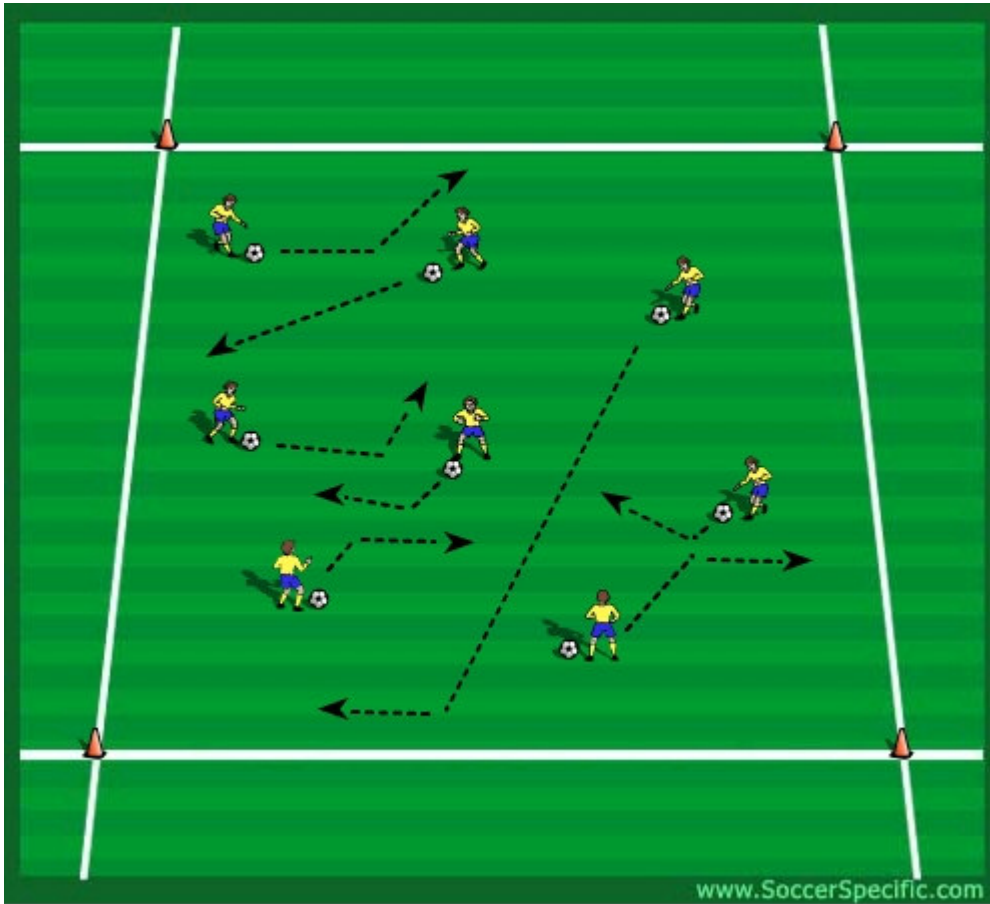


Terminator Tag

Emphasis: Confidence on the ball while gaining touches.



Set-up:

Each player dribbles their ball throughout a 15 x 20 yard grided area. Structure grid size smaller or larger based on the number of players present. Ideally you want players to have spaces available to run into as the exercise progresses.

Objective:

Fun! This allows for change of direction, tight touches and a change of speed. This forces players to dribble with their eyes up seeing the ball and the open spaces around them as they maneuver through the tight spaces.

Progression:

1. Players try to tag the other players within the grid.
2. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others.
3. As the player is tagged a second time, they must continue dribbling while holding both tagged areas.
4. When the player is tagged a third time, they move to the outside of the grid and completes an exercise before rejoining the group. Example: 5 juggles or ball taps.

Coaching Points:

- Keep the ball tight to the foot
- Eyes up seeing ball
- Avoid running into each other
- Be deceptive – try and sneak up on players from behind
- Utilize the outside of the feet, pushing the ball away from the opposition
- Lower your center of gravity