

# Learn to Train

## Station A - Physical Literacy

### Ball Tag



#### Organization

2v2 (or 3v3 if two coaches) in an 8mx8m area. One ball needed with spare balls placed around the outside.

#### Procedure

The player in possession of the ball is the only person that is allowed to tag the opposing team. However, they cannot run with the ball. As soon as they tag the opponent they get a point, transition happens. Play for 2 minutes and winning team moves on in a competition ladder. Create a final square.

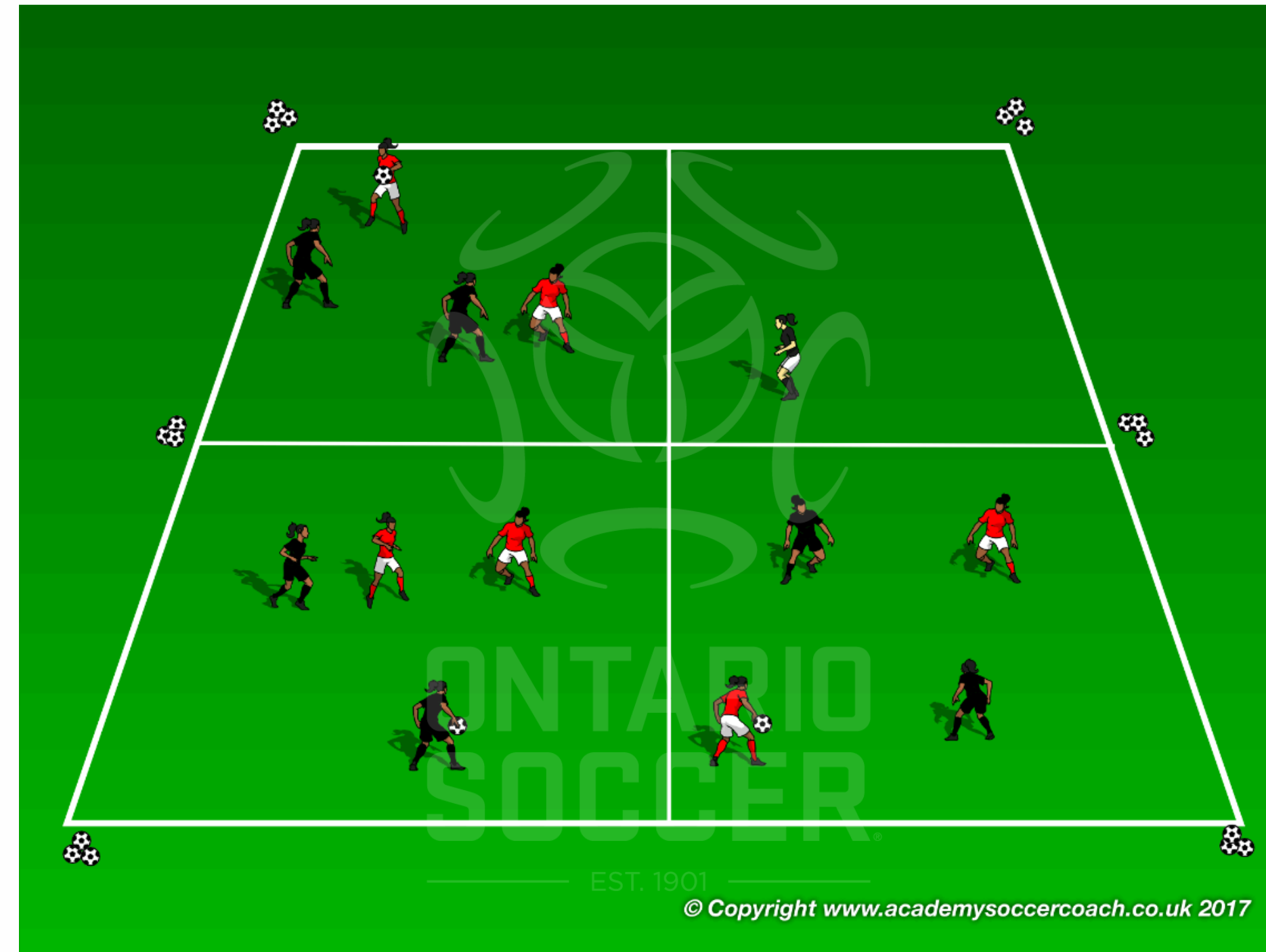
Note: Encourage the receiving player to receive the ball close to the opponent so they can tag them.

#### Emphasis

Allowing the players to make decisions, maintaining a safe environment, providing positive reinforcement and demonstration of the activity.

#### Progression

Play with the ball on the floor and players use their feet, the player with the ball can dribble and tag.



Timing	Area
12 Minutes	16 m x 16 m (4 grids of 8m x 8m)

#### Objective

To create space to receive and attack fast

#### Outcomes

**All Players** - Create space, take their first touch forward if it's safe to do so

**Most Players** - Create space, take their first touch towards the target and attack fast

**Some Players** - Create space, disguise the direction of the first touch and attack fast at the target.

Technical / Tactical	Psychological
Ball Mastery Dribbling Passing Receiving	Fun Safety Decision making
Socio - Emotional	Physical
Problem Solving Communication Celebration Teamwork	Agility Balance Coordination Change of Speed Change of Direction

#### Top Tip

Use a model group to explain the activity to players. If there are players who may have shorter attention spans in the group, use them in your demonstrations to keep them engaged.