

**Drill Number**

4

**Min Age Group:**

U7

**Min # of Players**

6

**Drill Name**

Base Tag

**Min Time Required**

10

**Description**

Setup:

Create a 30x30 square with three smaller 5x5 squares within the area. Have about 75% of the players with a ball. Have the remaining players carry a pinnie.

Description:

Players try to dribble the ball without being tagged. If they get tagged, they trade roles with the tagger. The tagger hands his pinnie over to the player that is tagged and uses their ball. Players are safe in any one of the three bases. Only one player is allowed in a base at one time. If a new player enters a base the old player must leave. You can not reenter a base for two seconds after leaving.

**Coaching Points**

To increase the difficult on the taggers have the base in the middle of the playing field.

**Dribbling**

**Footwork**

**Shielding**

**Passing**

**Receiving**

**Defending**

**Tackling**

**Finishing Tech**

**Throw-ins**

**Aggressiveness**

**Conditioning**

**Spacing Concepts**

**Tactics**

**Goalkeeper**

**Settling the Ball**

