



Soccer Tag



be fit for life
moving alberta

Equipment

- Open activity space (indoor or outdoor)
- A soccer ball per group of 2 or 3 participants

Activity Description

- This game combines aspects of soccer along with tag.
- Divide participants into groups of 2 or 3 with each team having a ball except for 1 group. This group will be "it".
- The "it" individuals will attempt to steal a ball from one of the other teams. Once they get the ball away from another group, that team becomes "it."
- As in soccer, no one can touch the ball with his or her hands! So to "steal" the ball one must intercept a pass from another team.
- To keep the ball away from the "it" team, individuals must keep moving and passing the ball to each other.

Skills Explored

Kicking, running, dribbling a soccer ball, chasing, dodging

Tips...

- Be cautious of others moving around you
- Stay in control of the ball
- Follow-through towards your target

Safety

- Make sure no hazards are located in the field or gymnasium
- Remind participants that physical contact between players is unacceptable

Remember...

With a little imagination, participants can be learning skills important in a variety of sports in unique ways. This variety in practice allows children to gain valuable skills while having fun participating in new and exciting challenges!

Variations...

Use this type of drill to practice throwing skills. Instead of kicking a soccer ball, have the participants throw the ball to each other and the "its" try to intercept. Similar to "piggy in the middle" except several games are going on at once.

