



## SOAR Grades 3 & 4

Category: Technical: Ball Control  
Difficulty: Beginner

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Individual-Adult Member

### Warm Up Tag (10 mins)

Set Up: Size dependent on number of players. One player is the tagger and there are small islands dotted around the area that players being tagged can use to safely avoid the tagger. They are only allowed to stay on an island for 5 seconds

PROGRESSION: Add a 2nd and 3rd tagger



### Island Tag (10 mins)

Set Up: Size dependent on number of players

ISLAND SHARK TAG: One player is the tagger (shark) and everyone else has a ball. Players who are being chased by the tagger can dribble into (onto) an island where they are safe. The catch is... only one person can be on an island at a time. Nobody can stay on the island when another player dribbles onto it.

PROGRESSION: Add a 2nd and 3rd shark

Coaching Points: Dribbling, close control, change of direction



### Box Tag (10 mins)

Set Up: 15x15 yard box with four players stationed at each side and a tagger in the middle

Players attempt to run across the box to the other side without being tagged. A player who is tagged twice becomes the tagger and the previous tagger now attempts to run across the box.

Coaching Points: Change of direction, coordination, deception



## 1v1 Game (15 mins)

Same as before but now the players have to dribble their ball across without being tagged. A player who is tagged times switches with the tagger.

**PROGRESSION:** Defender can now tackle the ball

Coaching Points: Surface of foot used, attack the space, spacial awareness, close control



## 2v1 Game (15 mins)

**PROGRESSION:** Add a player in the middle who can help the dribblers. A player can pass to them for a give and go, or pass to them and switch, allowing them to dribble to the other side of the box.

Coaching Points: Change of pace, decision making, hips open to receive, types of dribbling



## Game to 4 Goals (15 mins)

**GAME:** 6v6 (7v7) to four goals

Begin by allowing teams to score in any goal, and then give them a north-south & east-west direction to score in.

