

Soccer Drills and Soccer Tips for Coaching Youth Soccer!

Home [Soccer News](#) [Soccer Drills](#) [Soccer Tips](#) [Individual Skills](#) [Fitness](#) [Nutrition](#) [Resources](#) [Soccer Store](#) [RSS Feeds](#)

U6 - U8 Soccer Drills | U10 - U12 Soccer Drills | U14 - U16 Soccer Drills | U17 and Up Soccer Drills | All Soccer Drills

Soccer Tag

This soccer drill is good for younger players ages under 5 through under 8. This is a fun soccer drill that allows players to gain confidence on the ball while getting a lot of touches.

Drill Rating 3.90 from 11 user votes. Viewed 29279 times.

Under 4, Under 5, Under 6, Under 7 Soccer Drill, Soccer dribbling, Under 8 Soccer Drill

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Setup

Build a grid that is approximately 20X20 (or larger depending on the number of players involved). Each player should have a ball and position them inside the grid.

Instructions

Instruct the players to tag (touch) other players within the grid. Once the player gets tagged they must hold that area of the body that was tagged while still dribbling while avoiding other tags and attempting to tag others. If players are tagged a 2nd time they must hold both tagged areas while dribbling. If the player is tagged a 3rd time, the player must move to the outside of the grid and perform an exercise such as 25 toe touches, 4 juggles, 25 foundation touches, or push-ups before rejoining the game.

Variations

None

Coaching Points

- * Keeping the ball close to the player.
- * Head up where they can see ball and players.
- * Use all parts of the foot while dribbling (inside, outside, bottom, heel, top)

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- o [Dribbling Drills](#)
- o [Warm up Drills](#)
- o [Fun Soccer Drills](#)

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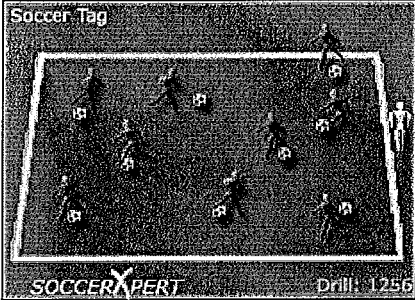
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[Fun Soccer Drills](#)

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[U6 - U8 Soccer Drills](#)
[U10 - U12 Soccer Drills](#)
[U14 - U16 Soccer Drills](#)
[U17 and Up Soccer Drills](#)
[All Soccer Drills](#)

Soccer Tips By Topic

[Getting Started Coaching](#)
[Planning Soccer Practices](#)
[Position and Game Mgmt](#)
[Taking it to the Next Level](#)
[Offensive Soccer Tactics](#)
[Defensive Soccer Tactics](#)
[Individual Soccer Skills](#)
[Soccer Fitness](#)
[Soccer Nutrition and Diet](#)