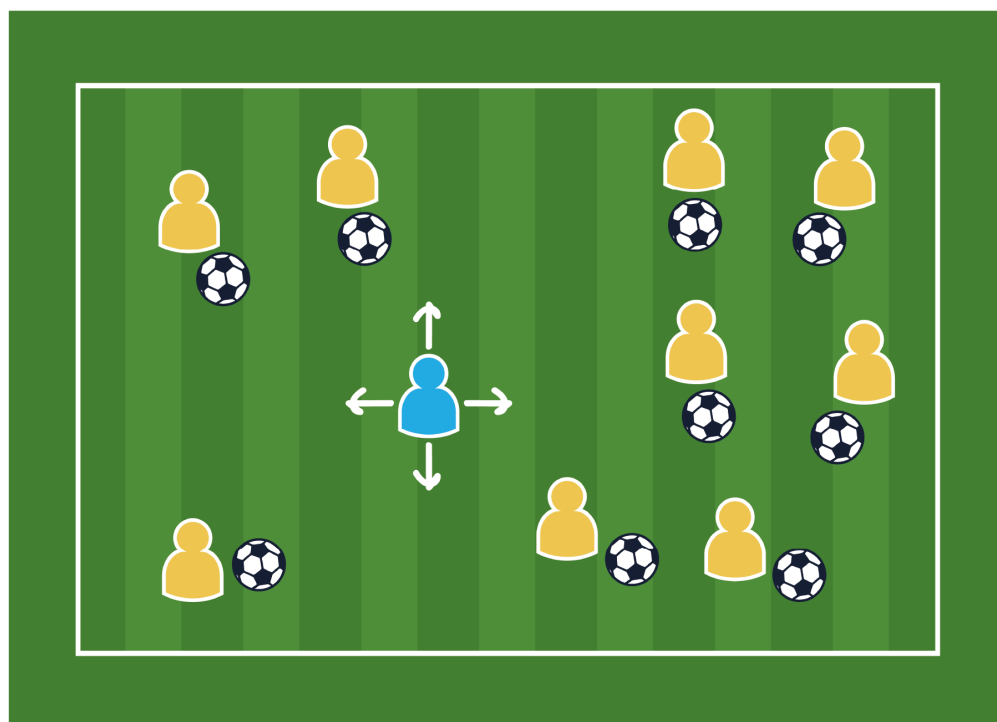


SESSION PLAN

BIB TAG



BALL:



PLAYER:



TAGGER:



OBJECTIVES

Players will develop their understanding of:

- running with the ball
- dribbling techniques.

ORGANISATION

- Split your players into groups of 10 (or as close as possible).
- Set up an appropriately sized area (30x30 yards is best for 10 players).
- Give nine of the players a ball.
- Give the other player a bib to hold.

HOW TO PLAY

- The players with a ball must dribble within the space.
- Encourage them to take big touches, small touches and use skills and body movements to protect, hide and manoeuvre the ball.
- The player without the ball is the 'tagger'. They must chase the other players and, when close enough, throw their bib towards the ball. If they make contact, they earn a point.
- Play for 30 seconds and then swap the 'tagger'.
- When everyone has been a 'tagger', the player with the most points wins.