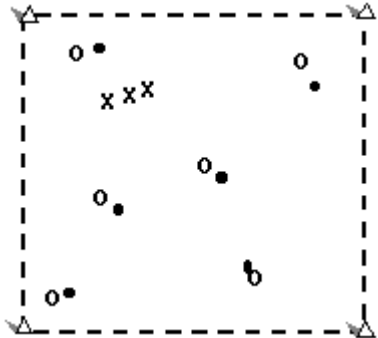




# Blob Tag

## Training Plan

<b>Title:</b>	Blob Tag
<b>Objectives:</b>	<ol style="list-style-type: none"> <li>1. Improve dribbling.</li> <li>2. Move into space.</li> <li>3. Work as a team.</li> </ol>
<b>Age range:</b>	U6 – U9
<b>No. of Players:</b>	6 +
<b>Time:</b>	Max 20mins or until children start to lose interest.
<b>Organisation:</b>	Square grid min 10 x 10m max 20 x 20m
<b>Drill:</b>	<ul style="list-style-type: none"> <li>• All the players are inside the grid.</li> <li>• Three have a ball at their feet.</li> <li>• The three without a ball form a 'blob' by holding hands.</li> <li>• The blob moves freely in the grid and tries to kick any player's ball out of the grid.</li> <li>• If a player's ball leaves the grid they joins the blob.</li> </ul> 
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>• Move into space and stay away from the blob.</li> <li>• Don't get trapped in a corner – accelerate past and away from the blob.</li> <li>• Keep control of the ball – keep it close and under control unless accelerating into space.</li> <li>• Work together -- the blob must work as a team.</li> </ul>
<b>Progression:</b>	<ul style="list-style-type: none"> <li>• Start with a large grid (20 x 20) and reduce size to make it harder for dribblers.</li> <li>• Blob breaks into more groups e.g. a blob of 6 breaks into 2 blobs of 3 to make it harder for dribblers.</li> </ul>