

Knee Tag



Activity Organization:

Within a confined area, players stand in random formation, each with a ball.

Each player dribbles within the area attempting to tag anyone's knee while maintaining control of their own ball.

Each time a player tags someone else, he/she receives a point.

Players collect points by tagging other players on the knee.

Implications for the Game

Technical

- Dribbling in a confined area
- Close control
- Changing direction
- Changing speed

Physical

- Agility
- Fitness
- Balance
- Development of leg strength

Tactical

- Expanding peripheral vision
- Creates attitude for attacking people with the ball
- Shielding the ball in a defensive posture
- Making quick transition to attack

Social/Psychological

- Everyone is included
- Positive interaction within group
- Developing attack and defensive postures

Related Activities

- Frantic Ball
- Ball Retrieve
- Hospital Tag