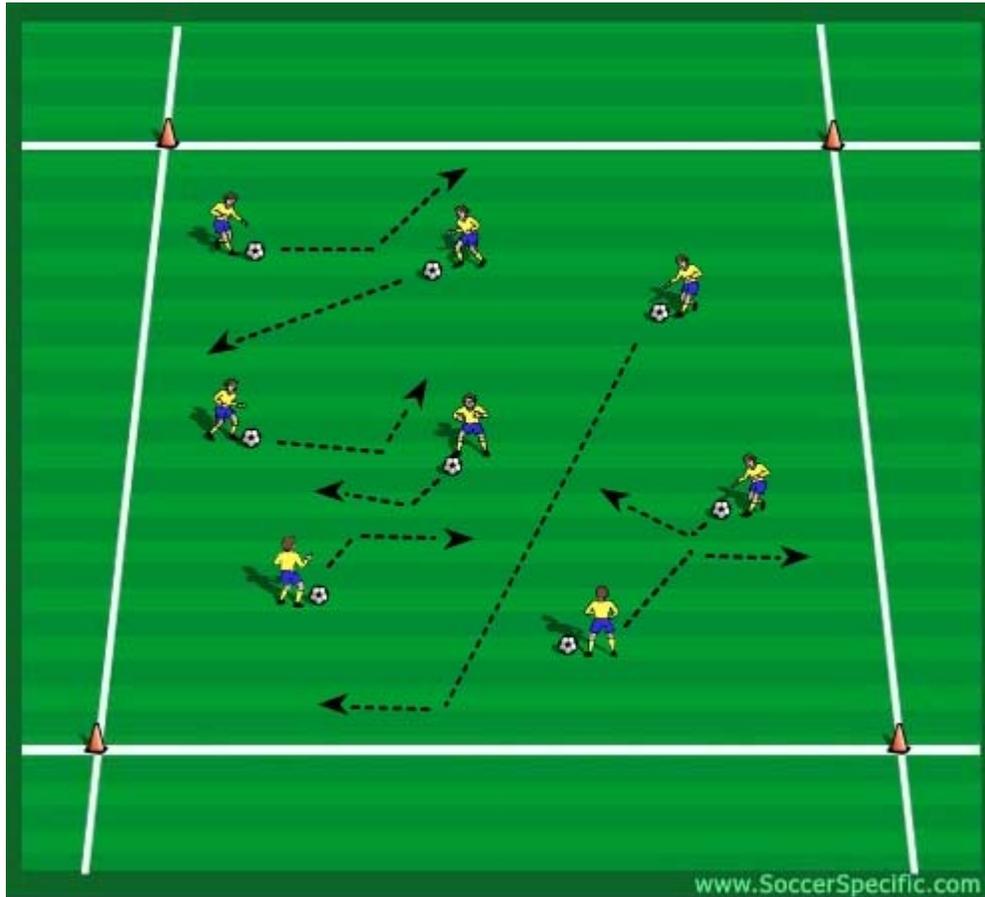


**TOPIC:** Youth Shielding Games. By Greg Maas, State Technical Director, Utah Youth Soccer Association and [www.SoccerSpecific.com](http://www.SoccerSpecific.com)

**Game #1:**

## Everybody Is “It”!



### Objective:

Fun! This game allows for change of direction, controlled touches, and a change of speed. This game forces players to dribble with their eyes up, seeing the ball and the open spaces around them, as they maneuver through the tight spaces. Repeat.

### Progression:

1. Once the players have had enough time to become familiar with the ball and the designated space, players are then instructed to see how many players they can tag in an allotted amount of time while controlling the ball.

## Game #2:

### Hospital Tag!



#### Objective:

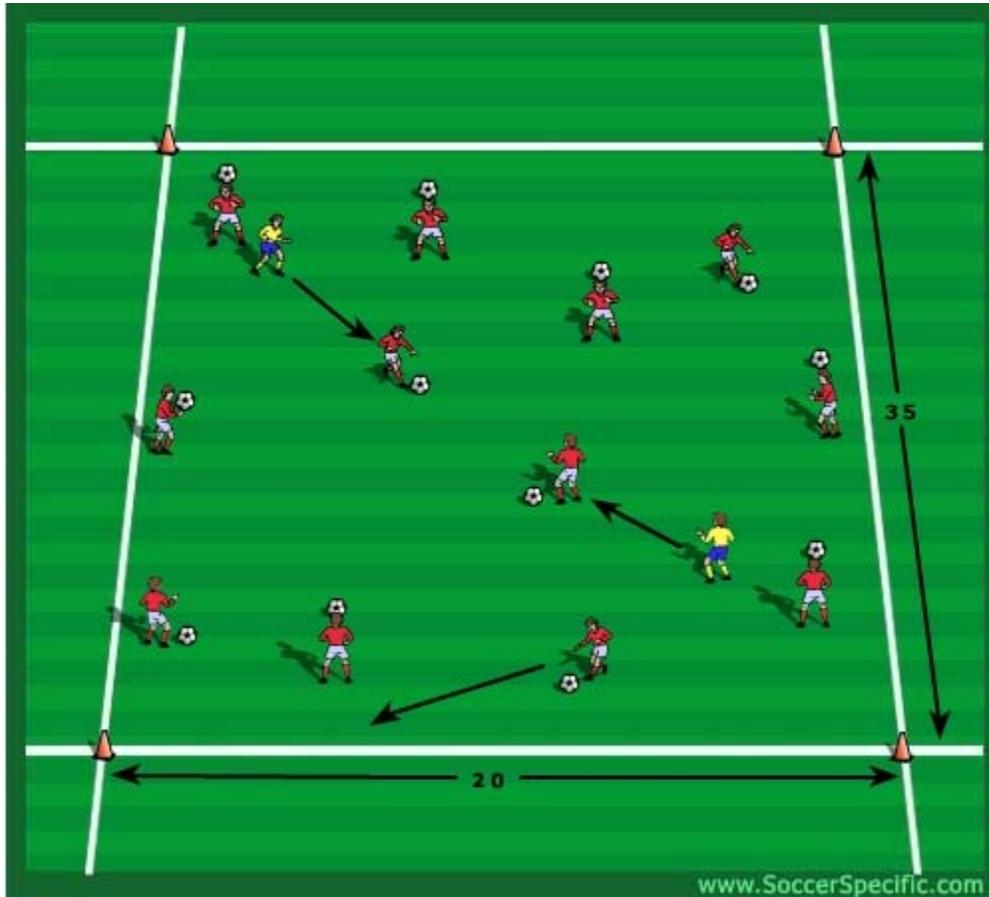
Fun! This is another game allows for change of direction, controlled touches, and a change of speed. This game forces players to dribble with their eyes up, seeing the ball and the open spaces around them, as they maneuver through the tight spaces. Repeat.

#### Progression:

1. Players are instructed to try to tag the other players in the area.
2. Once tagged, that player must hold the area of the body that was tagged – while continuing to dribble the ball and attempting to tag other players.
3. If the player is tagged a second time, they must continue dribbling while holding both tagged areas.
4. When the player is tagged a third time, they move to the outside of the grid to the “Hospital” and completes an exercise before rejoining the group (i.e., 10 toe taps).

### Game #3

## Tunnel [Freeze] Tag!



### Objective:

Fun! If one of the players is tagged by "Agent Freeze," or if their ball is forced out of the grid, they become "frozen." Once frozen, they hold the ball over their head keeping their legs spread apart making a "tunnel." You can become "unfrozen" and may join back in if another player dribbles their ball through the tunnel. Play for an allotted amount of time, and change the Agent Freeze until everyone has had an opportunity. Repeat.

### Progression:

1. The coach may choose to start the game without a ball. Same rules apply, but the player must crawl between the legs to unfreeze the player. Remember: no "puppy-guarding," your players will no what this is!

## Game #4

### Knockout!



#### Objective:

Fun! The players begin by dribbling around a designated area (i.e., inside the 18-yard box) as shown, and then are instructed to attempt to kick another player's ball out of the area while maintaining possession of their own ball. If their ball is kicked out of the area, that player must perform a quick task with the ball before reentering the game (i.e., 10 toe taps). Repeat.

