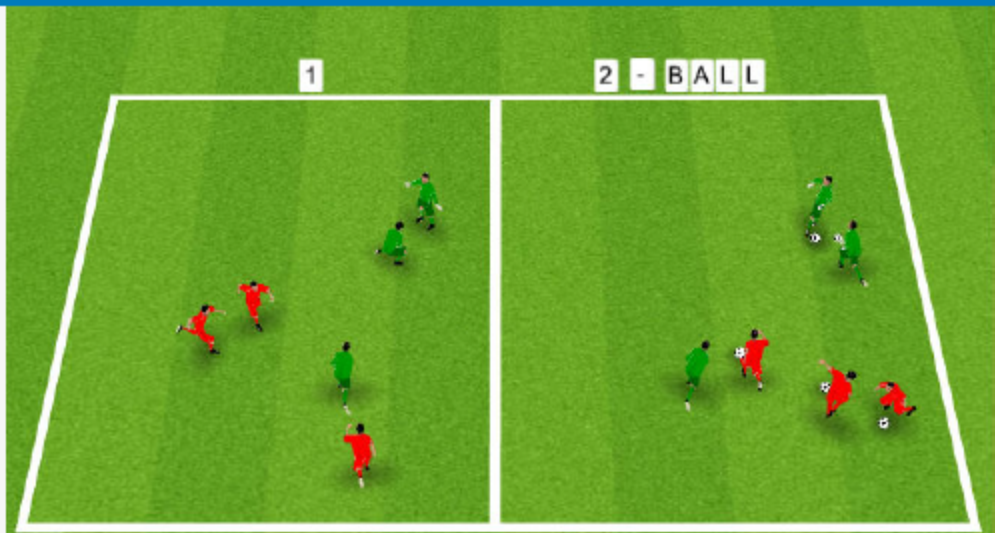


Knee Tag -> w/ Ball



Knee Tag -> w/ Ball

Rules/Set Up

- [1] Everyone is "It" and they try to tag the other players by touching their knee.
- [1] Players count how many knees they tag in each one-minute round - play 2-3 times and then progress to #[2].
- [2] Progression: Each player has a ball, and everybody tries to tag each other by touching their knee while having their own ball under control.

Coaching Points

- Hop, jump and skip sideways and backwards to avoid your knees being tagged - No blocking with hands.
- Quick turns and stops to get away from other players.
- Use both feet to control the ball and change direction.