



Drill Name: Tag with Ball Timed Activity by Rick Flores

Set up :

Set up a grid and put players in two teams and can not leave grid with bibs as one team will be on one side of grid and each player will have a ball.

Instructions:

The coach will say when to go and start their watch. Players will dribble into grid as the players run freely in the grid trying not to get hit with the ball. They continue play until all players have been tagged with the ball. If the player gets hit with the ball they must quickly exit grid to highlighted zone and wait until time expires. Game will be pretty fast and if a player missed they have to chase down their ball.

Coaching Points:

Be sure to remind players to keep the ball below the waist. Players running around should keep their eyes open and players dribbling should have their head up to be sure that no players run into each other. Dribbling and control are important in this activity. Be sure to remind players to avoid collisions.