

# Drill

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**Drill:** **Dog, Cat, Chicken**

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**Goal:** -learn fundamental movement skills -focus on agility and speed -increase heart rate (warm-up)

**Equipment/#  
players  
needed:**

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**Sketch:**

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**Description:** Description:

- Have all of the players line up beside one another along the end line of the gym.
- Place one player in the middle of the gym. They are the "Wolf".
- Ask every other player to decide in their own mind and without telling anyone else, if they are a dog, a cat or a chicken.
- Whatever animal they pick, they **MUST** stay that animal for the duration of the game, unless they get tagged by the wolf.
- Once everyone has decided, call out ONE of the 3 animals.
- Anyone who has picked that animal must now try to get to the other side of the gym without getting tagged by the wolf.
- Any player who is tagged becomes a wolf.
- All wolves must return to the center circle before the coach calls out the next animal.
- Play this game in quick successions and allow the last animal(s) standing to be the first wolf/wolves for the next round.

Variations:

- Optionally, randomly assign players their animal (dog, cat, or chicken), keeping a somewhat balanced ratio.
  - For younger players, have them mimic the sound of their animal (howl, bark, meow, or cluck) during the game.
  - Two foot hops.
  - Skipping.
  - Bear crawl.
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**Load(s):**  Physical  Mental  Technical  Pressure  
 Social/emotional

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**LTAD stage(s):**  Fundamentals  Learn to Train  Train to Train  
 Train to Compete  Train To Win

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**Categorie(s):**  Ball Handling  Defense  Dribbling  
 Dynamic 1 on 1  Footwork  
 Fundamental Movements  Passing  Picks  
 Principals/Actions  Rebounding  Screens  
 Shooting  Static 1 on 1

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**Phase(s):**  A  B  C  D

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