

# Drill

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**Drill:** **Everybody is it Tag**

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

**Equipment/# players needed:** -5+ players

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**Sketch:**

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**Description:**

- Just as the title suggests, everyone is “It” for this game.
- The object of the game is for players try to tag each other, without being tagged themselves.
- If a player is tagged, then he or she must immediately drop to one knee. These players are out of the game.
- If two players tag each other at the same time, the tags cancel each other out and neither player can re-tag the other for a 5 second count.
- Play this game in rounds of quick succession as a warm-up.

Variations:

- Add balls to the game if or when your players are ready for dribbling.
- If two players tag each other at the same time, players play “Rock-Paper-Scissors” to see who is out.
- Shrink the play area as the game progresses to keep the action going.
- “Never Ending Tag”; when a player is tagged, all other players tagged by them are back in the game.

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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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© 2018 Canada Basketball - Coach Education - 1 Westside Drive, Suite 11, Toronto, ON M9C  
1B2  
certification@basketball.ca Voice: 416-614-8037 Fax: 416-614-9570