

Drill

Drill: Fox in the Henhouse

Goal:	-learn fundamental movement skills -focus on agility and speed -increase heart rate (warm-up)	Equipment/# players needed:	-Coloured pinnies
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Sketch:

Description:

- Identify 2 to 5 players and give each a coloured pinnie to mark them as "It". These are the Foxes.
- Remind the Foxes that the pinnies are used only to identify them, and they cannot be used to whip at other players.
- All other players are the Chickens. They must stay away from the Foxes and avoid being tagged.
- The Foxes can only move around the gym by following the lines on the gym floor.
- The Chickens can only move around the gym by avoiding all of the lines on the gym floor.
- If a Fox tags a Chicken, the Chicken must sit down.
- A Chicken can save another Chicken, by gently tapping him or her on the head.
- Play this game in quick successions and have the Foxes trade frequently to change up the game dynamic.

Variations:

- When a Chicken is tagged they must go into "plank position".
- When a Chicken is tagged they become a "doorway"; standing on a line with their legs spread, so that Foxes must crawl through their legs. These players can still be saved.
- "Pacman Tag"; all players can only move around the gym by following the lines on the gym floor. When a player is tagged, they sit down on the line; these players become "roadblocks" and others cannot pass by them OR these players can be saved with a tap on their head.

Load(s): Physical Mental Technical Pressure
 Social/emotional

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

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

Phase(s): A B C D

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