

# Drill

---

**Drill: Hot Dog Switch**

---

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

---

**Sketch:**

---

- Description:**
- Have all players choose a partner and then lie down on their stomachs beside their partner so they are resting up on their elbows.
  - Select 2 or 4 players to remain standing.
  - Identify half of your standing players as "It" by having them carry (not wear) a coloured pinnie.
  - The other standing players are "runners".
  - The object of this games is for the "Its" to catch "runners" and tag them.
  - If a runner is tagged by an "It," then the "It" immediately hands over the pinnie and becomes a "runner" - they switch roles.
  - Players who have just been tagged cannot immediately re-tag the player who tagged them. They must instead allow a 5 second head start for the new "runner" to escape.
  - If "runners" want to be safe, they can lie down beside an existing partner group on the ground. When this happens, the player NOT lying directly beside the new addition must stand up - they are now the new "runner".
  - This game should move quickly with lots of changes between "Its" and "runners".

Variations:

- If you find that there are too many players lying down for too long, then add more "Its" and/or more "runners" to the mix.
  - Speed walk.
  - Running.
  - Two foot hop.
  - One foot hop.
  - Bear crawl.
-

**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

---

© 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