

# Drill

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**Drill: Partner Tag**

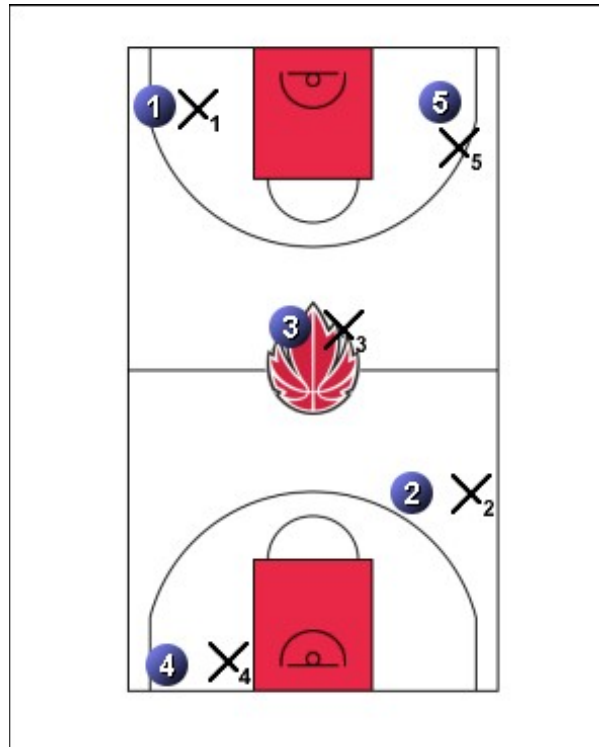
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**Goal:** -learn fundamental movement skills -focus on agility and speed -increase heart rate (warm-up)

**Equipment/# players needed:** -Two Players

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**Sketch:**



- Description:**
- Have each player pick a partner.
  - Have the partners find their own spot in the gym and stand right beside one another.
  - Have the partners decide who is going to be partner A, and who is going to be partner B.
  - When introducing this game for the first time, tell the players that they are only allowed to speed-walk (they will get to heads-up running once they've played the game a couple of times).
  - Partner A's goal is to stay away from partner B for 10 seconds.
  - Partner B's goal is to tag partner A before the 10 seconds runs out.
  - When all partners are ready, call out: "Partner A, Go!"
  - Wait approximately 3 seconds, and then call out: "Partner B, Go!"
  - Remind players to keep their eyes open and their heads up – and

be sure

to watch out for others!

- If someone catches his or her partner, have both players immediately sit down so that they are less of an obstacle for others.
- You can play this game for points (one point for catching and one point for staying away), or you can just play 3 or 4 quick rounds to get your players warmed-up.
- At the end of each round, have the chaser and runner switch roles.
- Participants should only play this game at a running pace once they are familiar with how it is played.

Variations

- Speed walk.
- Running.
- Two foot hop.
- One foot hop.
- 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