

Drill

Drill: **Predator/ Prey**

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

**Equipment/#
players
needed:**

Sketch:

Description:

- Have all players line up behind one another anywhere in the gym to determine an order.
- Once the players are in line, they CAN NOT change their position in the line.
- The object of this game is to catch the person who is immediately in front of you without being caught yourself by the person behind you.
- Once every player in line knows who they are chasing, tell them that the game will start in 10 seconds. At this point, players can go wherever they want in the gym (they are no longer in line), and once the coach gets to 0, the game begins.
- The most important part of this game is that if someone gets caught they must drop to one knee and IMMEDIATELY say the name of the person that THEY are chasing to the person who just tagged them. This means that the person who JUST TAGGED THEM is now chasing the next person in line. There is a learning curve here, but after 2 or 3 games, the players will understand how quickly this game needs to move.
- Play this game in rapid successions, having the players line up after each round.

Variations:

- Once your players are experts, add balls to the mix to increase the difficulty level.

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
