

# Drill

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**Drill: Skydive Tag**

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

**Equipment/# players needed:** • 2 different colours of pinnies.

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**Sketch:**

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- Description:**
- Select 2 to 5 players to be "It," and give them each a pinnie in one of the colours to carry.
  - Give all other players pinnies in the other colour to carry.
  - If players are tagged by an "It," then they must lie down on their stomach with their legs and arms outstretched up off the ground and place their pinnie on their back – think of a skydiver!
  - To be saved, the frozen players, or skydivers, must have someone stop and pull their parachute. To do this, standing players must grab the pinnie off of the back of the frozen player and throw it as high as they can into the air. The player on the ground must then quickly catch the pinnie before it hits the ground.
  - If frozen players catch the pinnie before it hits the ground, then they stand up and are back in the game.
  - If the pinnie touches the ground before frozen players can turn and catch it, then they remain frozen.
  - Even if players are in the process of saving someone, they can be tagged.
  - Change the "Its" often to keep the game fresh and exciting.

Variations:

- As the players improve at this game, make them catch the pinnies with different body parts to be freed (i.e. weak hand, foot, head...etc.).
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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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