

Drill

Drill: **Spider's Web**

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

Equipment/# players needed: -Coloured pinnies

Sketch:

- Description:**
- Give 2 to 5 players each a coloured pinnie to identify them as "Its." Pinnies are to be carried and not worn.
 - Remind the "Its" not to whip their pinnies to tag others.
 - The "Its" are the spiders.
 - All other players are the flies.
 - A spider can tag a fly in any of two ways:
 - A) They can throw a web (pinnie) and touch a fly.
 - B) They can tag a fly with their free hand, the one not holding the pinnie.
 - When a fly is tagged by a spider, the fly turns into a spider and runs to get a coloured pinnie.
 - The last fly or flies remaining are the winners and get to start the next round as the spiders.
 - Play this game in quick successions. You will quickly determine the ideal number of spiders to start a game.
- Variations:
- Add a ball for flies; when tagged, flies will put away their ball and grab a pinnie.
 - Two foot hop.
 - Skipping.
 - Bear crawl.
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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
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Phase(s): A B C D

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