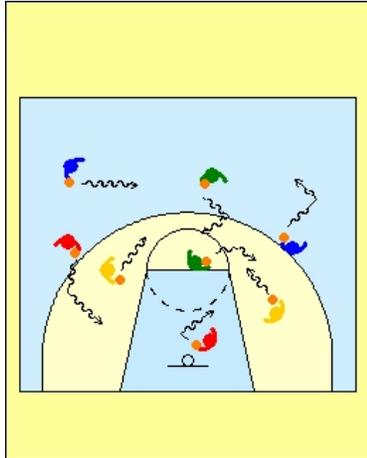


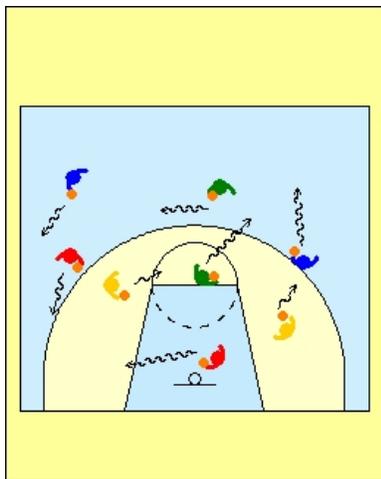
## Dribble Tag

Here is a progression of dribble tag games that help younger players at the FUNdamental and L2T stage develop their ball handling while keeping the eyes up.



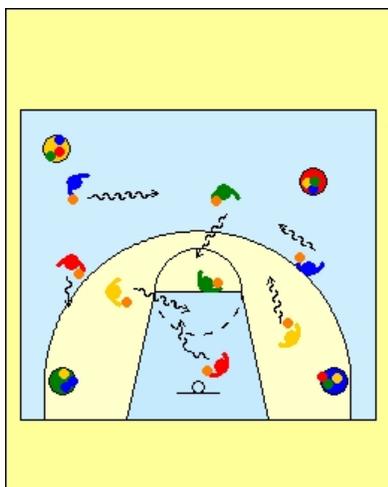
### All It

Every player has a ball and spreads out in the designated area. The smaller the space the more likely that tags will occur without moving. The bigger space requires more movement. On the signal to begin the player see how many players they can tag in a designated time frame (24 seconds). If two players tag at once they perform "rock, paper, scissors" to decide who gets the point. These players cannot be tagged when performing the "rock, paper, scissors."



### Your it

In this version one or more chosen players are it. They see how many tags they can make in a certain time frame. In this example the two yellow players are it. By using colors the coach can quickly change who is it, with a visual signal, by holding up an object of that color.

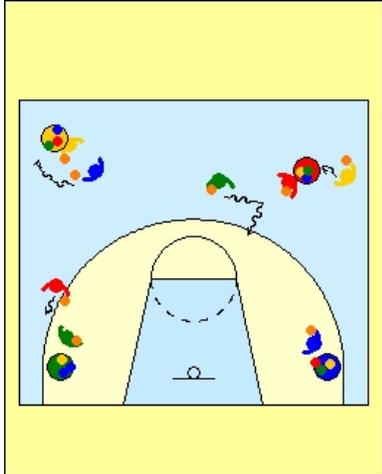


### Steal the Flag

The players partner up and wear flags at their hips. When they steal a flag they place it at the home pylon. Go until all of the flags are gone.

### Load it

- Each pair must get a certain number of flags to win. e.g. the red team must get four blue flags, the blue team needs one of each color.

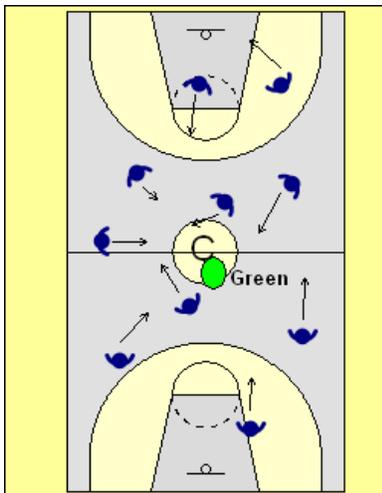


### Guard Your Nest

Each pair has one player protect the nest (the place where the stolen flags are stored) The other player is dribble around to steal from the other nest. Everyone is dribbling. If tagged the player must score a basket before returning to attempt another steal. If the coach calls, "change" the player on the nest and the player attempting to steal switch places.

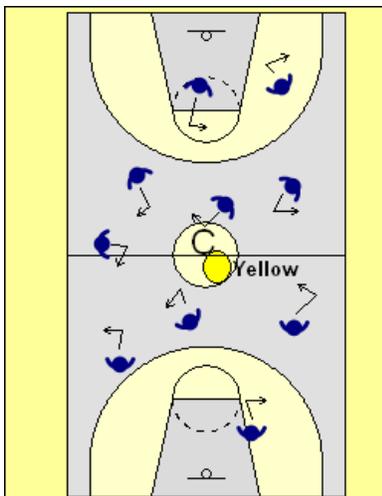
#### Load it

- Each pair is assigned a certain number of flags or colors to accumulate. Once this is accomplished they win the competition. This stimulates the players to have a plan.

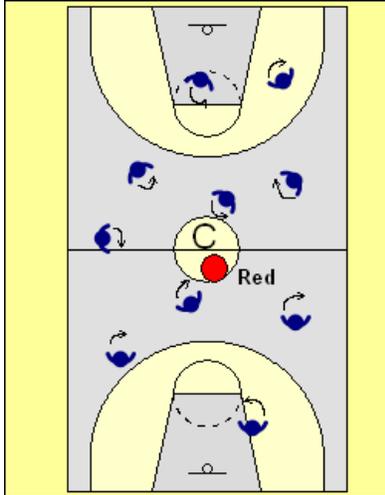


### Traffic lights

The coach stands in the middle of the gym. He/she has three objects (pinnies, was markers, color paper) that are red, green and yellow. When the green object is held up the players are randomly moving about the gym. I suggest you give them some different fundamental movement skills; skipping, kick the butt, high knees, slides, carioca etc.



When the yellow marker is held up the players need to use moves that make them change directions or change speed; push right go left, push left go right, step drop and pop, stutter and go.

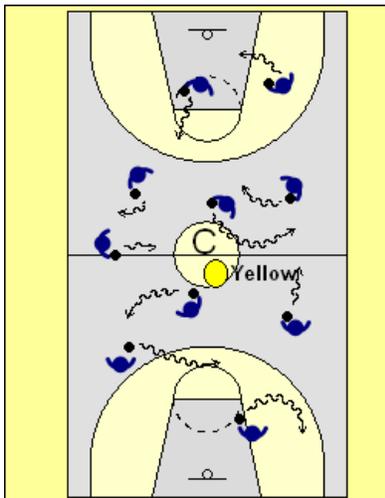


When the red marker is shown they must come to a stop and pivot. Mix in right/ left foot and front/back. You could also have them stop and practice a one foot balance. It is a good time to emphasize stopping using their back breaks and not their front breaks. If off balance they score a lay-up before returning.

If you want you can have someone be the traffic cop. This player or coach looks for people who are not paying attention to the traffic light. The people caught doing the wrong action have to pay a fine; five jumping jacks.

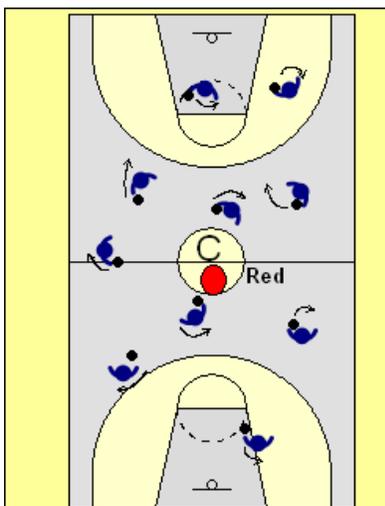
What are our safety risks?

- Running into each other solution keep our heads up constantly scanning the coach and the space around you as you move.



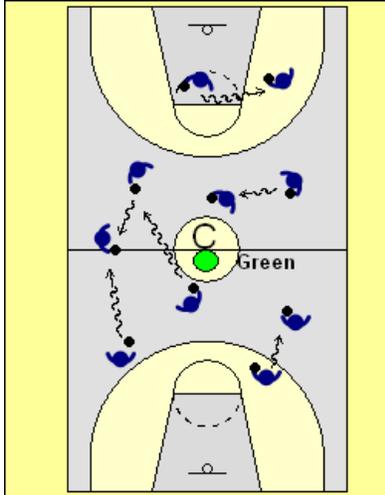
### Traffic lights with the ball

In this version each player has a ball. On a **yellow light** the players are moving about randomly working on change of direction, fakes and change of speed dribble moves.



### Red light

The players pivot with the ball. Make them work on ripping or sweeping the ball hard when they pivot. Big and little circles.



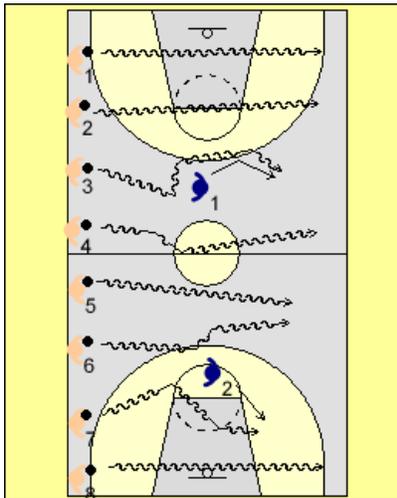
### Green light

When the green light is on the players are playing dribble knock out. They are trying to knock another player's ball out of the main court. If knocked out you need to pay a fine of five jumping jacks before you can return.

Again, the traffic cop is looking for people who do not heed the traffic signal. It is a great game for scanning and playing with your head up. It also makes the players change their intensity levels at a moments notice. This is an important skill for young players to learn. Can you go from being very aggressive in trying to steal a ball to a full stop when a whistle goes in a game?

### Debrief question

What would the world champion of traffic lights do to be successful?

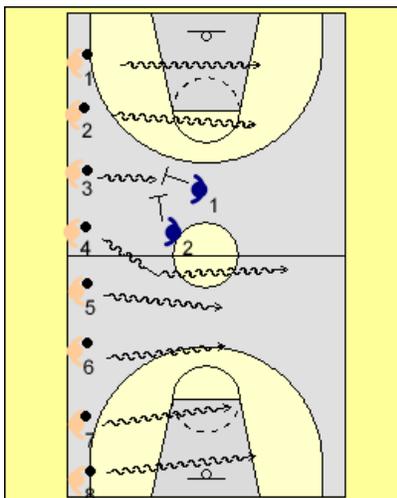


### British Bulldog

This is an excellent game for teaching secondary dribble moves, keeping your head up and how to defend and especially trap.

The players line up on a sideline each with a ball. The two bulldogs are in the centre of the floor. The bulldogs must yell out together "British". The players with the ball must yell out together "Bulldog". This is the signal to start.

The object is to dribble safely to the other sideline without traveling, double dribbling, losing the ball or taking more than eight seconds. Anyone who does not make it becomes an additional bulldog.



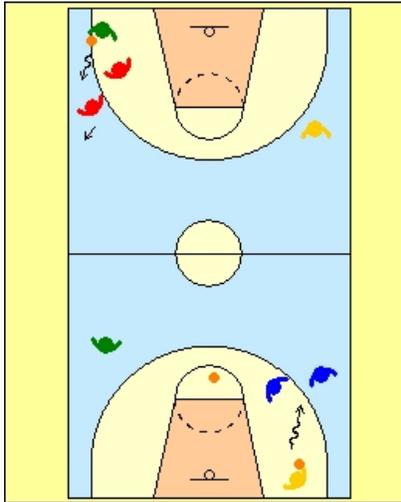
You may have to prompt the players to double team one player.

This is a good game to ask before you start; "What are our safety risks in this game?"

- Keeping our head up
- Be aware of the people around us
- Slowing down before we get close to the sideline or wall.

It is recommended that you stop the game when you have more bulldogs than dribblers. Having five bulldogs after one dribbler is not realistic.

Play the same British Bulldog game while using flags. The Bulldogs must steal the flags from the dribblers. When you have lost both flags then you become a Bulldog.



**British Bulldog to half court**

The same game is played, but now we make it more realistic to the game. One player is trying to get to half while the two Bulldogs try to stop him/her. The partner acts as the time clock to see how long it takes to cross half.