

14. Dribble Tag

Purpose:

Players practice dribbling fundamentals by way of a fun game.

Setup:

Everyone starts with a basketball, even the tagger, and spreads out across the court.

It is helpful for the tagger to wear a pinnie.

Execution:

- * The game begins when the coach call's out 'GO'.
- * Just like the game of tag, the person who is "it" must try to tag the others.
- * Everyone in the game must be dribbling a ball.
- * The person who is the last one to be tagged is the winner.

Coaching Points:

- * Emphasize the following points: head up, eyes forward, dribble at or below the waist, dribble with fingertips.
- * Dribblers are not allowed to travel, double dribble, or any other violation. If they do they're out.