

11. Scarecrow Tiggy – Dribbling Drill (Chinese Freezetag)



Purpose:

Scarecrow Tiggy is a fun drill that involves everyone dribbling around trying to avoid two taggers. Players love this drill and it's great for developing ball-handling skills.

Setup:

Every player starts with a basketball and begins in the half court except two players who will be the 'taggers'.

The taggers don't have a basketball and preferably are wearing a pinnie so that other players can identify them.

Execution:

- * The drill begins when the coach call's out 'GO'.
- * The taggers then do their best to tag each player dribbling a basketball.
- * When a dribbler is tagged, they must stand in the place they were tagged with their legs wide and hold the ball on top of their head. They can be freed by other dribblers by rolling the basketball through their legs.

* This game never has a winner unless the taggers happen to get everyone out at one time (this doesn't happen often).

* Every couple of minutes switch the taggers.

Coaching Points:

* Players are not allowed to throw the ball between a teammates legs, the ball must be rolled.

* Dribblers are not allowed to travel, double dribble, or any other violation. If they do they're out.

* Change up the amount of taggers and the size of the playing space depending on how many players you have.