

**FDBA Domestic Coaches Drill Book: Body Movement & Control**

Name: Pair Tag

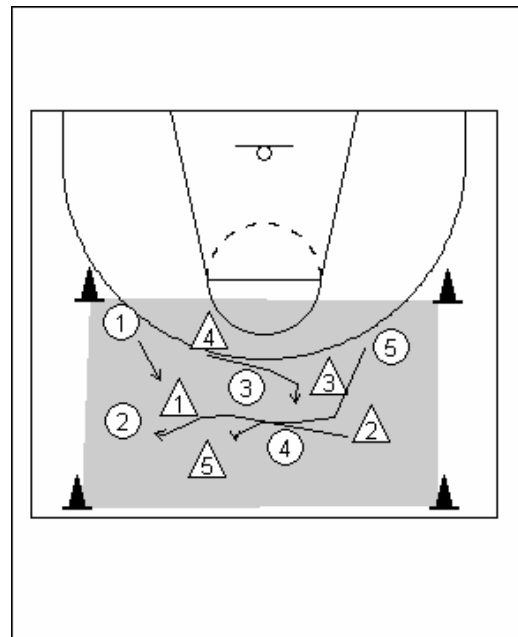
Drill No: J2

**Description:**

Arrange players into pairs.  
 Mark out a 10 meter square as the play area.  
 Each pair has a tagger and a runner.  
 The tagger must chase the runner and tag them while avoiding banging into any other of the 5 pairs in the square.  
 Once a runner is tagged they become the tagger and the tagger is now the runner.  
 The runners can use tactics making sure there are many people between them and the tagger.  
 Sometimes they will run backwards or slide so that they can see where the tagger is.

This game teaches, locomotion, landing (when jumping to avoid a tag.) Rotation (spinning to avoid a tag) Balance (being able to move off both feet to avoid a tag) Spring (to take off quickly)

Diagram A.



**Variations:**

Add a bean bag or soft ball for the tagger to use to throw at the runner to make the tag. (No head shots)  
 This adds teaching Manipulative skills (throwing) Eye feet coordination (dodging the ball) Give everyone a basketball and play the same games above with everyone having to dribble at the same time.

**Points of Emphasis:**

1. Stay low and athletic
2. Use change of direction