

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

Name: Scarf Stomp

Drill No: J3

**Description:**

Arrange players into pairs.  
Mark out a 10 meter square as the play area.  
Each pair has a tagger and a runner.

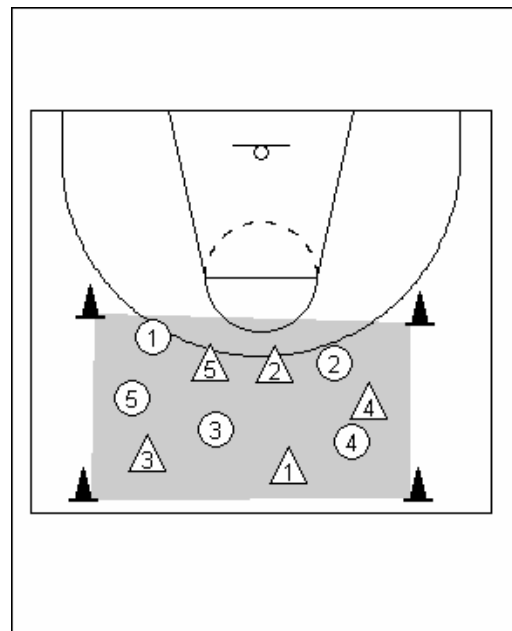
Have one of each pair tuck an end of a 0.5 meter long light Silk like scarf into their sock. They are then the runner and the chaser must try and stomp onto the scarf so that it comes out of the sock.

When they do they tuck the scarf into their sock and try to avoid their partner from stomping on the scarf.

**Variations:**

Tuck scarf into pocket or hip, taggers must pull out with hand.  
Chaser has a basketball they have to dribble.  
Everyone has a basketball to dribble.

Diagram A.



**Points of Emphasis:**

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