



**Drill Name:** Catch The Tail

**Set up :**

Catch the Tail  
10 x 10 metre working area

**Instructions:**

Two teams of even or uneven numbers without balls to start. One team will have bibs tucked in the back of their shorts. On the signal, the team without bibs (Red as shown above) tries to steal the other players (Yellow) bibs. Progress by giving each player a ball. All Players dribble to maintain possession of their ball.

**Coaching Points:**

Let them play!