



Cat and Mouse

Age Group: 6-11

Skill(s) Practiced: 1v1 Defense

Drill Duration: 5 minutes

Resources: 4 Cones

Description: Coach sets up a 4 cone 5yd x 5yd box. 3 players are in each box. 1 is the Cat, 1 is the mouse, and 1 is the "grandpa" protecting the mouse from the cat by staying in front of the cat at all times. If the cat tags the mouse, then the three switch roles and play again. Drill until each athlete has been in all three roles 2x.

Progression(s): Change size of box. Add more cats, mice, and/or grandpa's.

Drill Diagram:

