



Pinnie Tag

Appropriate Age Group: 5-15

Skill(s) Practiced: Dodging, Stick Protection, Agility

Drill Duration: 5 minutes

Resources: 1 Pinnie or Flag per player

Description: Players are divided up into pairs by the coach and placed in a 5yd by 5yd box made of cones. Each partner will tuck a pinnie or flag into their waistband. On the coach's whistle, they must try to take their partners pinnie. If they succeed, they get one point, give it back and restart the game.

Progression(s): Add a stick and have the opponent try to touch it. Hold a ball in their open palm to work on cradling motion. Keep one foot as a pivot only foot.

Drill Diagram:

