

Cat and Mouse



Have players organize themselves in pairs and link arms. Divide one of the pairs and designate one player the cat (yellow) and the other player the mouse (black). On your signal the cat must tag the mouse. The mouse may avoid the cat by running around pairs or by any other means. If the mouse is able to link arms with a pair, the player on the opposite side of the pair becomes the new mouse (see the example below the grid – notice how the black player forced the orange player to detach from the red player). If the cat ever does tag the mouse, they simply switch roles.

Variation:

1. You may want to require the mouse to at least avoid the cat for a count of ten.
2. The drill is typically done without a ball, but you could require the cat and the mouse to both dribble one.

Focus:

This is predominantly a drill to improve agility, fitness, and the ability to cut quickly.