

FULL COURT DRIBBLE TAG

Grades: 3-12

EQUIPMENT

- 1 basketball per student
- 6 pool noodles
- Music (optional)

SET-UP

- Identify 6 students to be taggers and organize taggers into 3 pairs.
- One pair stands along one foul line, another pair stands along mid-court, and the third pair stands on the far foul line.
- Each tagger has a basketball and a noodle.
- Remaining students stand at one baseline, each with a basketball.

OBJECTIVE

- To score points by successfully dribbling full court (from baseline to baseline) without getting tagged.

DESCRIPTION

- Today's activity is called Full Court Dribble Tag.
- On the start signal, the dribblers will attempt to dribble to the opposite baseline.
- Taggers will be trying to tag you with a noodle as you dribble. Taggers can only move side to side along the line that they are standing on. They cannot move frontwards or backwards. Taggers must continuously dribble while they move.
- If a player gets tagged, they must exit the basketball court at the nearest sideline and return to the start. No point is scored.
- If you successfully make it to the opposite baseline – score a point!
- When a point is scored, dribble around the outside of the court back to the start.
- When returning to the court, players must dribble through the basketball key under the hoop.
- Switch taggers every 2 minutes.

FUN HEART HEALTH INFO

- Every day your heart will beat over 100,000 times and pump about 2,000 gallons of blood.