



## “TAG – YOU’RE IT”

BY 3D INSTITUTE ·

### 3Dimensional Coaching principles:

**Motivation:** When athletes are having fun, they are motivated to work harder.

**Emotions:** Coaches need to have level 2 strategies for dealing with the emotions of the athletes on the team. This strategy helps to create the positive-helpful emotion of JOY and to combat the positive-harmful emotion of COMPLACENCY.

### Overview:

All team sports have the need for great cardiovascular conditioning. Sports like basketball and soccer have greater need for anaerobic conditioning. This creates the need for lots of high intensity movement (sprints and quickness) for as long as possible before rest (anaerobic) is needed. To increase the anaerobic threshold coaches must have “condition” periods in their practice schedule. In basketball, we call this period “suicides”, line-drills, 24-second drill. Line the players up on the baseline and run to the first free throw line and back to the baseline, then to half court and back, then to far free throw and back, and then baseline to baseline...and this is one suicide. Coaches do as many as needed, sometimes dribbling or touching lines as they go. Most kids dread (complacency) this time in practice but endure or grind through this. Many times, players do give maximum effort because of this complacency and coaches revert to screaming or hollering to motivate because of the need to be in great cardiovascular shape (1st dimension). When you see this, we want to eliminate the emotion of complacency (hurts performance) with the emotion of joy. During the conditioning period identify three athletes to be “it” (just like in tag game as a kid). On the whistle, have the rest of the players take off and start running, moving, jumping so as not to get tagged by the “its”. The players must stay within the court (sidelines baselines). Watch how hard the athletes will run, jump; move in all different directions not to get tagged by it. If they get tagged, the athlete has to come over and run traditional suicides on the sidelines.

Watch the joy return to the faces of the athletes and watch the intensity of the conditioning period go to new heights. You can then incorporate “ball dribbling tag”, half court tag, etc.

**Results:** We have seen greater attitude and greater effort during our conditioning period. Athletes rediscover the joy of running. For years, you could hear athletes asking each other before practice, “I wonder how many suicides are we doing today,” with a look of drudgery. Now, we go to practice and athletes are asking the coach, “We are playing tag today, aren’t we?” Conditioning goes to a new level because joy (helps performance) replaces complacency (hurts performance).

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**“MAKE IT A GREAT DAY +1”**