

STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling
- + Ball mastery.
- + 1v1 Attacking and Defending

Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Beating and escaping an opponent

WHY USE IT

'Freeze' is a tag game involving all the players dribbling, dodging and using moves to allude Mr Freeze.

SET UP

Set up a square, 25x25 yards. A ball and a vest per player.

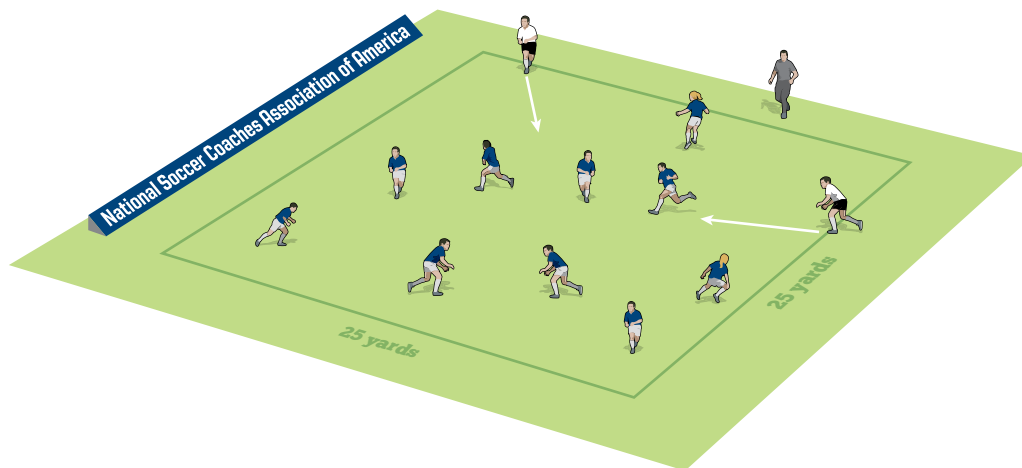
HOW TO PLAY

Story: Mr Freeze is a super hero and protects the people from a terrible virus spreading through 'Ice City'. The only way Mr/Mrs Freeze can stop the virus is to freeze it.

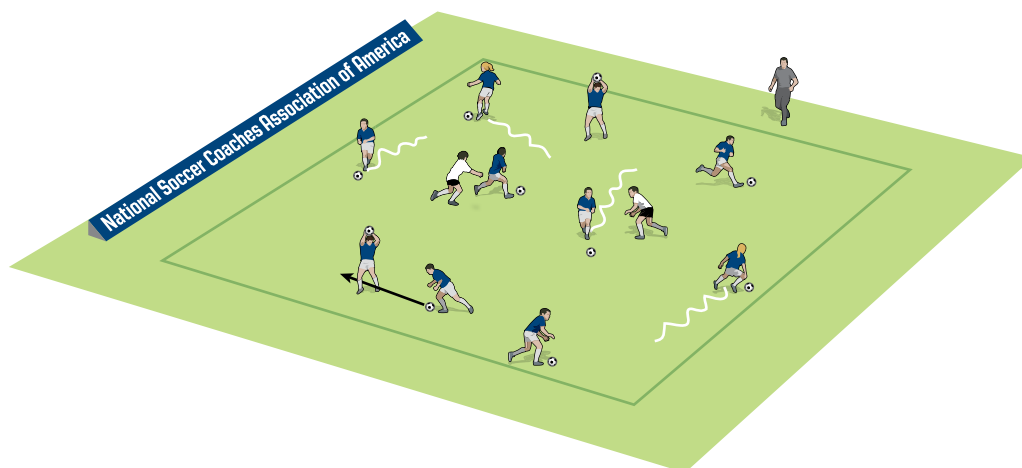
Start without balls, so the players can get accustomed to the rules. Select 2 players to be Mr/Mrs Freeze, who stand outside the area. All the other players are in space in the area, wearing a vest. When the coach shouts 'FREEZE THEM', Mr/Mrs Freeze chase the players around the area. If a 'virus' is tagged (frozen) or leaves the area, they must stand with their feet wide apart and hands on their head. A virus can be thawed out when another virus crawls between their legs. Once all virus are frozen, the game is over and a new game is started. As soon as the players are adequately familiar with the activity, add balls. A frozen 'virus' picks up the ball and places on his/her head with legs apart. To unfreeze a virus, pass the ball between the legs.

COACHING NOTES

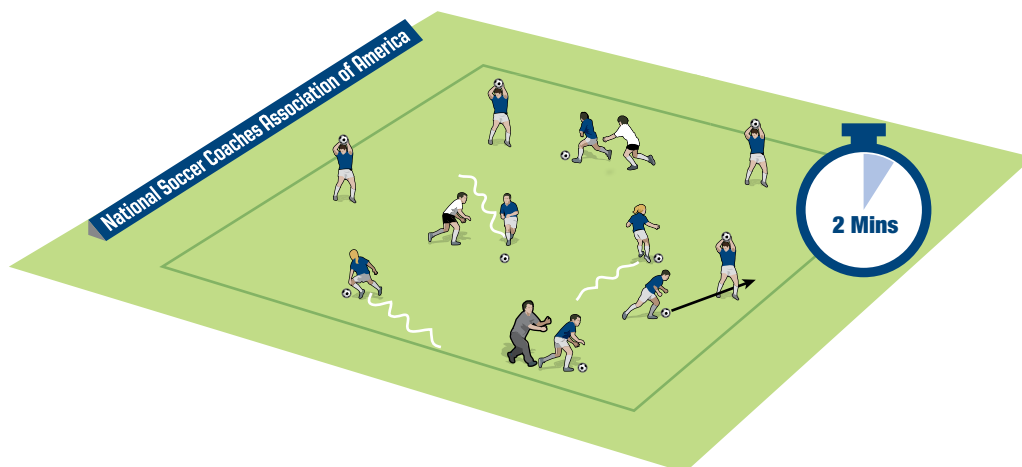
- + Coaching objectives - to get players moving and aware of opponents and teammates.
- + Coaching tip - Young players often leave the playing area in their excitement. To help them understand the perimeter, play follow the leader and walk around the area.
- + Adaptations - Add a time limit, record the best time, increase the number of 'Mr/Mrs Freeze' and if necessary, join in to help Mr/Mrs Freeze.



- + The virus runs around the area with a ball.
- + 2 players are Mr/Mrs Freeze.
- + If tagged, stand with legs apart.



- + Add the balls.
- + Frozen virus are released by passing through their legs.



- + Coach joins in to help Mr/Mrs Freeze.
- + Add a time limit!