



## **FREEZE TAG**

### **Emphasis:**

This is a fun soccer game that allows players to improve fitness, body movement and gain confidence in dribbling while getting lots of touches on the ball.

### **Game Info:**

This is for ages U6-U8. It is best run with at least 4 players but no more than 20 players. The game should be run approximately 10 minutes on a small field.

The coach will also make sure they have the following equipment: cones.

### **Setup:**

Build a grid that is approximately 20X20 (or larger depending on the number of players involved). Each player should have a ball.

### **Instructions:**

Each player has their own ball. Designate 2-3 players as "taggers" without a ball. Instruct the "taggers" to tag (touch) other players within the grid. Once the player gets tagged they must "freeze" in that spot, open their legs and hold their ball over their head. They become "unfrozen" by other players passing their ball through the "frozen" player's legs. When all the players are "frozen", the game ends.

Start a new game with new "taggers".

### **Progression:**

- The coach can be the freeze monster and try to tag the players, with the players "unfreezing" each other in the same fashion.
- Each player has a ball and tries to tag the other players by passing their ball to hit (softly) either the player or the player's ball.

### **Coaching Points:**

- Move quickly away from the "tagger" to avoid being tagged
- When tagged, pick the ball up quickly to tag other players
- Players keep the ball in close control
- Move the ball away from the "tagger" using all surfaces of the foot.
- Head up where they can see ball, other players and the "taggers".