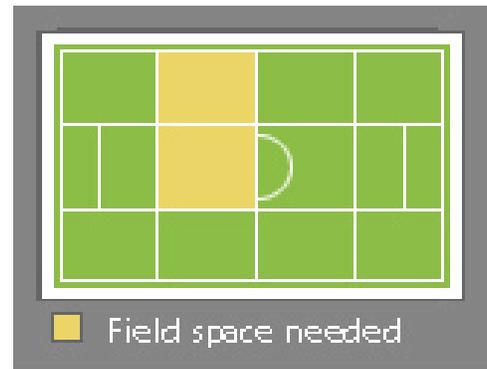


# Freeze Tag



## Materials Needed



20 x 30 yard grid

- Players
- Balls
- Cones

## Freeze Tag Dribbling

### Set Up & Progressions:

Break up the group of players into two teams. Every player must dribble their soccer ball, but one team tries to "freeze" the other team by tagging. If they do tag a player on the other team, that player must freeze, place their ball above their head and spread their legs. Another player on their team must kick his/her ball through the frozen player's legs to unfreeze the teammate. If all players are frozen, game ends and the frozen team becomes the taggers. Otherwise, stop game after a few minutes and have team switch roles.

**Option A:** Coach can be the "Freezer" and try to tag all the players with the players unfreezing each other in the same fashion. (The "freezer" can also be a player on the team)

### Objectives:

To develop confidence in your players to manipulate the ball and build comfort dribbling the ball going forward, changing speed and changing direction.

### Coaching Points

- Keep ball within 1 giant step
- Use all parts of your feet
- Keep both knees bent
- Try to keep your head up
- Use laces and outside the foot for speed
- Use arms to maintain balance
- Lean over the ball