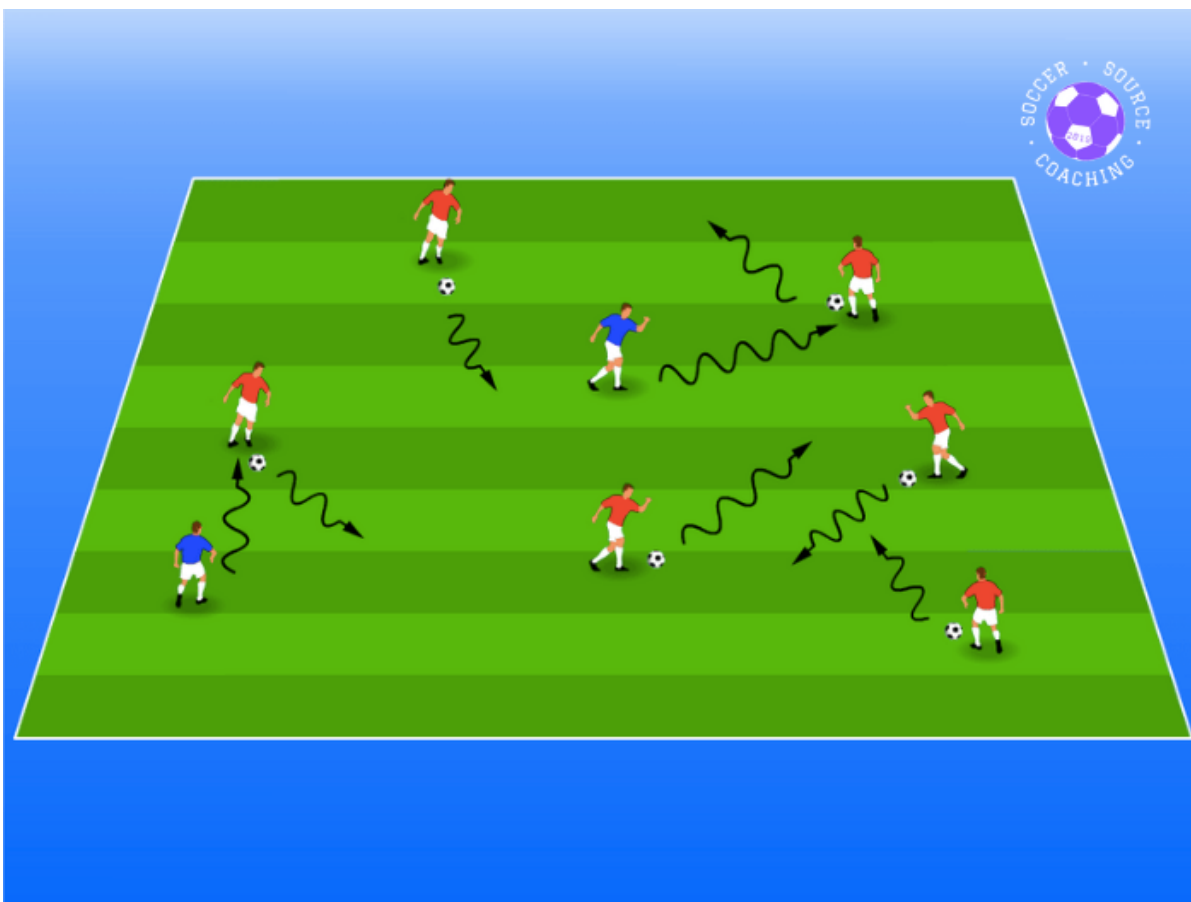


Soccer freeze



Purpose

The purpose of this soccer game is to get players to run and dribble with the ball at their feet in a fun-based soccer game.

Set up

- 1 Soccer ball per player
- 2 taggers
- 10 x 15-yard area

Advanced

How it works

After you have set up your area give each player in the area a soccer ball and 2 players a pinnie (bib) each to put on.

The players with the pinnie (bib) will be the taggers and they will not have a soccer ball.

Their aim is to tag and freeze as many soccer players as possible.

If a soccer player gets tagged they must freeze where they are and hold onto their soccer ball.

They can be unfrozen if another soccer player dribbles up to them and gives them a high-five.

Play rounds of 2 – 3 minutes, making sure every player has a chance to be the tagger.

Coaching points

- Keep your head up and dribble into the space and away from the taggers.
- Use small touches to keep the ball close to you
- Use quick changes of direction and pace to get away from the taggers

Questions

- Where should you be dribbling your soccer ball?
- How can you keep the ball close to you?
- What can you do to help you get away from the taggers?