Activity Title: U5 Day 1 - Activity 2

Activity Name: Go, Freeze Tag

Activity Setup: Players will spread out around the U5 field.

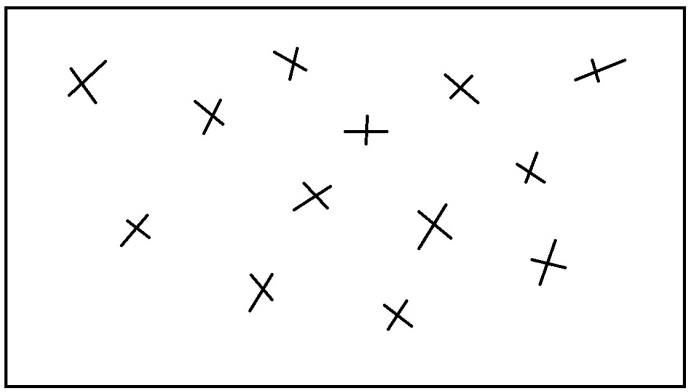
Activity Description: This activity follows Go Freeze activity

The players move around the U5 field. The coach will move around and tag players. The players who are tagged will stand in one place and "Freeze" in place by stomping their feet until they are tagged again by the coach. The coach should try to keep all players active either stomping in place or trying to keep from getting tagged. Every 3-5 minutes the coach should stop the game and start again.

Another option is to designate a few players with pinnies on to be the taggers. This should only be done when the option with the coach is done first.

Emphasis:

Listening to instructions
Moving at the right time.
Having fun.



Cue Words:

Go
Freeze