Activity Title: U5 Day 1 - Activity 3

Activity Name: Go, Freeze with ball

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

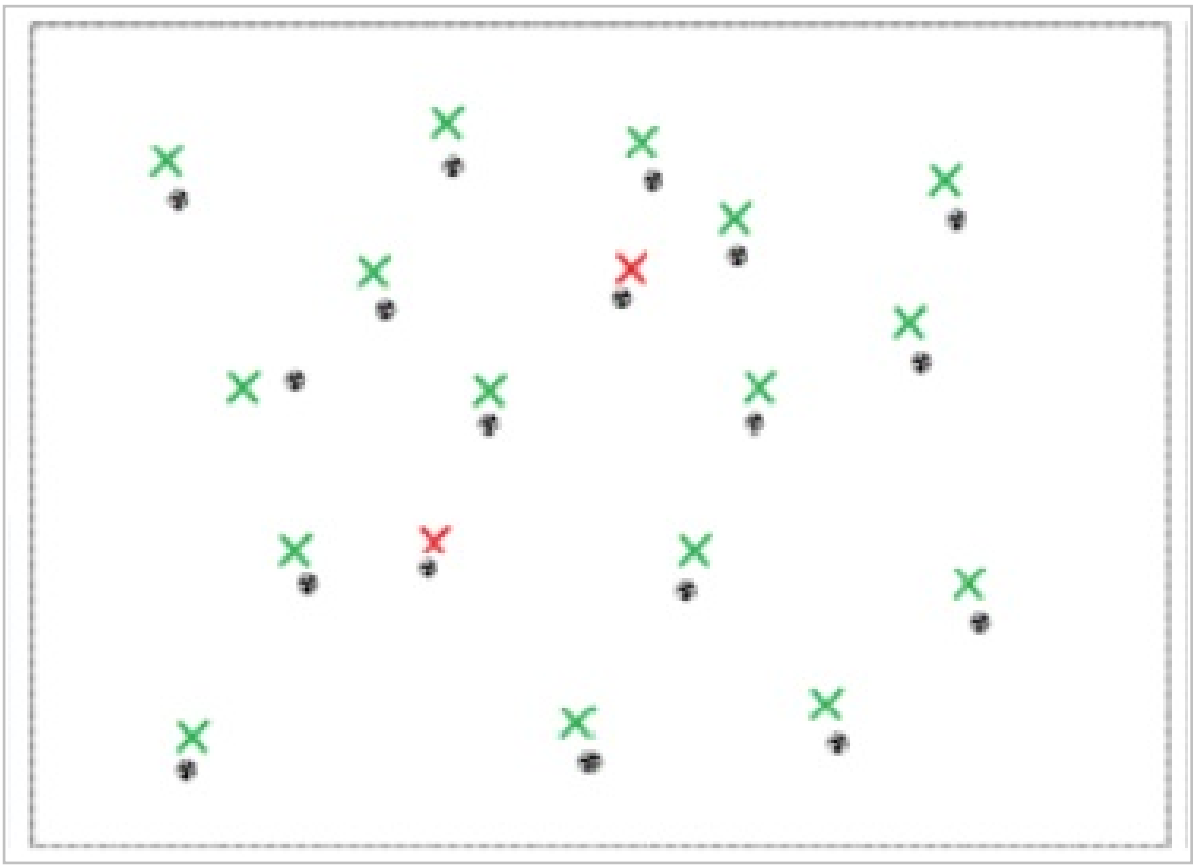
Activity Description: This activity follows Go Freeze Tag activity.

The coach demonstrates the freeze action.

The players move around the U5 field with the ball. The coach shouts "Freeze." The players stop and put the bottom of their foot on the top of the ball. When all of the players have completed the Freeze action, the coach shouts "Go."

Emphasis:

Listening to instructions
Stopping the ball with the bottom of the foot.
Remaining balanced.

Cue Words:

Go
Freeze