Activity Title: U5 Day 1 - Activity 1

Activity Name: Go, Freeze

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

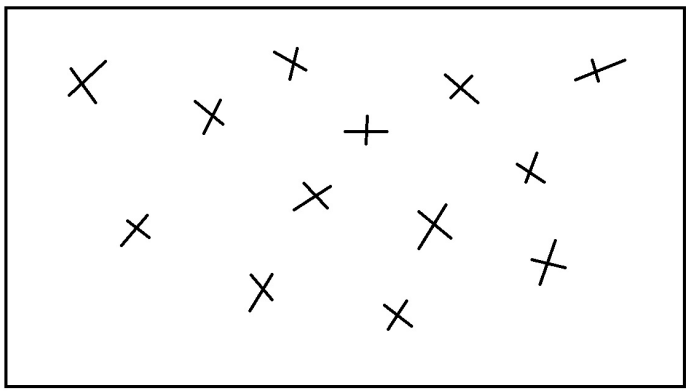
Activity Description: This is a listening skill as well as a game. The players will run around within the designated field. When the coach shouts "Freeze", the players will freeze in whatever position they are currently in.

Encourage the players to freeze quickly but in fun positions. Make sure they are always in a standing position. We don't want to encourage sitting or laying down.

The coach will then shout "Go" and the players will move around the field again. Repeat multiple times.

Emphasis:

Listening to instructions
Freeze quickly but not sitting or on the ground.



Cue Words:

Go
Freeze