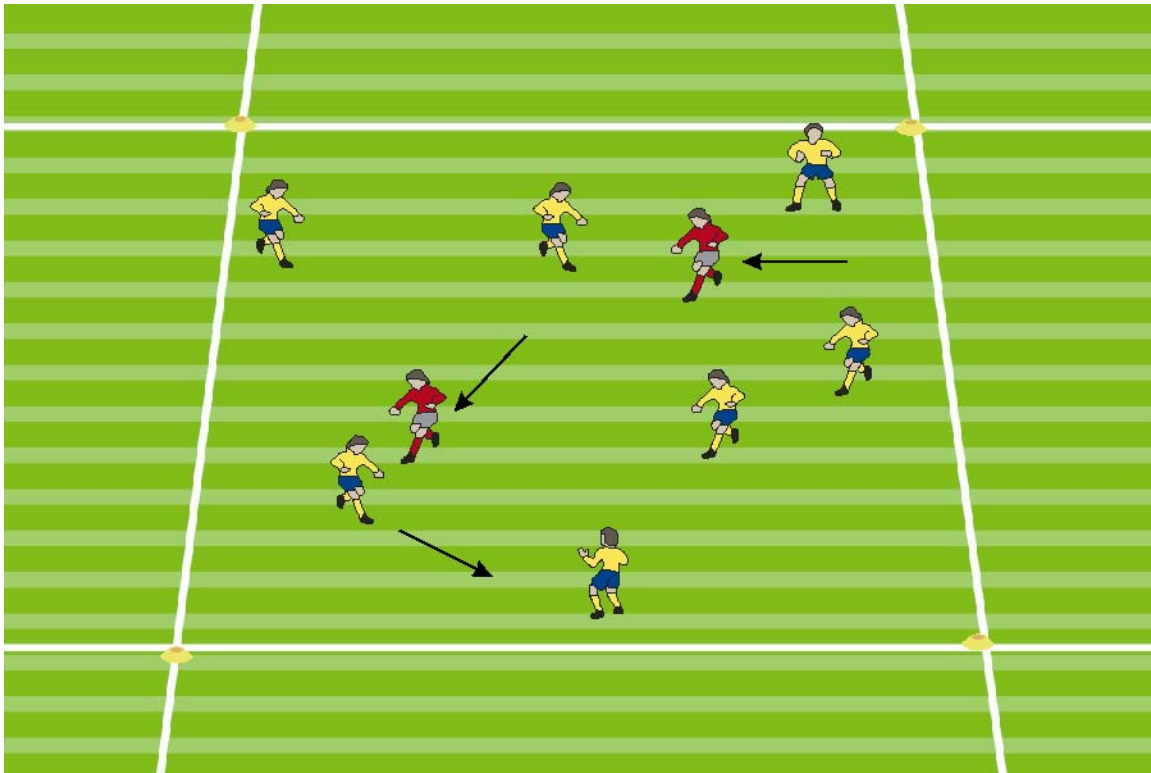


Freeze Tag



Organization:

All of the players run around the inside of a 20yd x 20yd grid, weaving in and out of each other.

Two players wearing contrasting color pinnies will chase after them and try to tag them. Once they are tagged they are “frozen” and must remain stationary until one of their teammates can run up to them and tag them to “unfreeze” them.

Coach Notes:

The players should try to use quick changes of direction and changes of pace to avoid being tagged. Once tagged, they should communicate with their team mates to come and unfreeze them.