



Practice Plan Grades 1 & 2

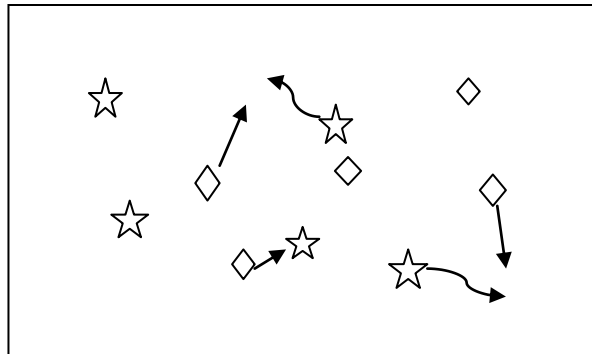
Passing

Freeze Tag

1

Set Up

- Divide players into two equal teams, assign each a color.
- Adjust field size depending on number of players and ability.
- All players on one team start with a ball, opposing players do not have a ball.
- Players with a ball try to hit opposing players below the knee to freeze them.
- Frozen players stand with hands up and legs apart.
- Teamates of frozen players crawl through their legs to unfreeze them.
- Play for two minutes then switch the team with the ball. Play two or three rounds.



Coaching Points

- Strike ball with inside of foot.
- Keep ankle locked.
- Strike center of ball to keep it on ground.

Progression

- Keep score of how many players were frozen.
- Increase time limit.