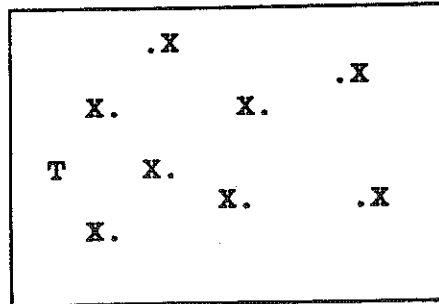


## GAME 4: FREEZE TAG

CAN BE USED AS A WARM-UP

20-40 YDS. SQ.



x - Player with ball

T - Player tagging

**OBJECTIVE:** Improve dribbling and changing direction.

**ORGANIZATION:** 6 to 10 players dribble their balls in the grid. One player without a ball tries to 'freeze' players by touching them. Each player who is frozen must stand with his/her legs open and wait until his teammates 'unfreeze' him by dribbling their ball between his legs. Tagging player tries to freeze the whole team within 60 seconds.

Increase difficulty by adding a second tagging player.