

Defrost Tag



Activity Organization:

Players work in two teams, one group with balls outside the area and one team without balls, inside a confined area of 20-30 yards square.

On the coaches signal, the team with the balls dribble into the area and try to hit the other players below the waist. Emphasis is placed on passing, not shooting the ball. Players are allowed to run and jump to avoid getting hit. Once a player is hit with a ball (below the waist), they are frozen. The hit player then stands with his hands on his hips and legs apart.

The objective is to freeze the entire team. A frozen player can only get unfrozen and rejoin the game when a teammate crawls through his legs. However, as long as a part of the crawling player's body is still beneath the frozen player, both players are safe and a ball cannot be played.

Only when the player crawls completely through, can the frozen player become unfrozen; then both are actively back in the game. You can play with a time limit or until all players are frozen. In either case, make sure that each team gets a chance to play both roles.

Implications for the Game

Technical

- Develops quickness with the ball
- Deceptive dribbling and passing

Physical

- High activity
- Cardiorespiratory endurance
- Agility
- Balance
- Allow players to play regardless of their fitness level, since players have an opportunity to rest when they are frozen

Tactical

- Players develop on their own a system and plan to get everyone frozen
- Allow them this opportunity

Social/Psychological

- Team cooperation
- High level of communication

Related Activities

- Knockout
- Hospital Tag
- Gates