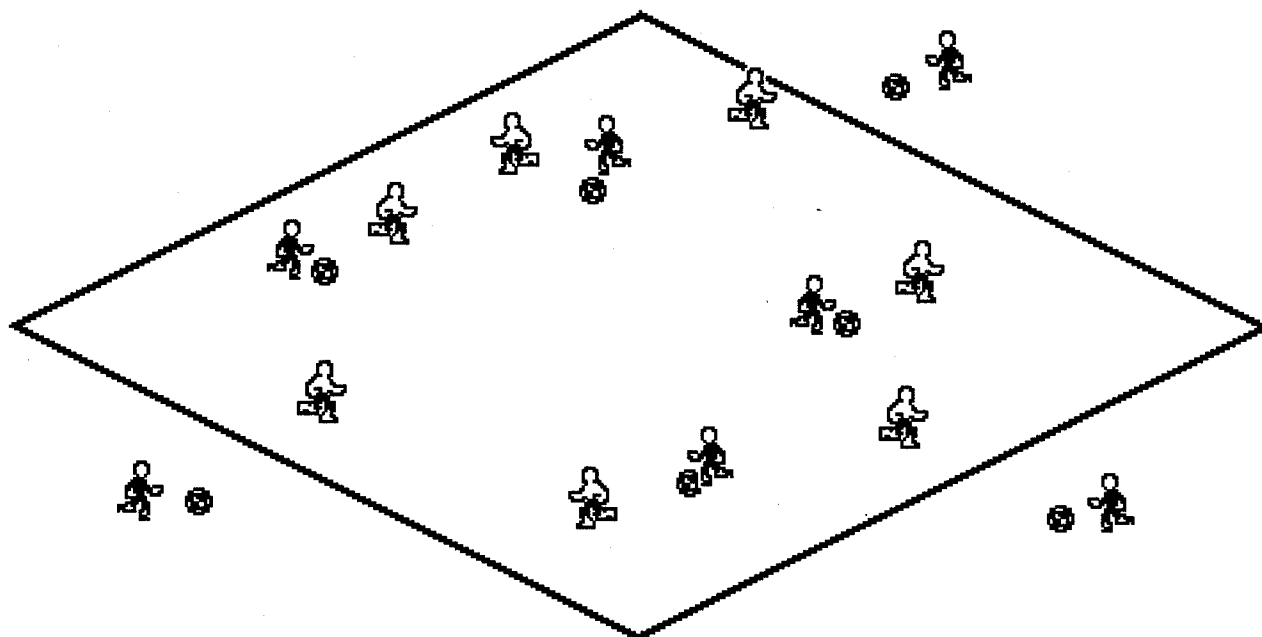


DEFROST TAG



DEFROST TAG "DRIBBLING"

Two teams of equal numbers. Each player on offensive team has a ball. The playing area is confined (size depends on the number and ability of players). The team without the soccer balls must stay within the grid. Team with the soccer balls tries to tag each player on the other team. When a player is tagged, he is frozen. Players who are not frozen can try to defrost teammates by crawling underneath them. Play with a time limit, or until all players are frozen. Then switch roles.

COACHING POINTS:

1. Emphasis is on dribbling. Make sure players keep ball with them as they try to tag the opponent.
2. Show players how to be deceptive with the dribble, quick and explosive moves. Look one way; dribble the other.
3. Encourage players on offensive team to form their own strategy and tactics for freezing players on the other team.
4. Encourage players without the ball to keep looking in all directions (use peripheral vision).