



Mr Freeze

Objective

Players need to get to the other side.

The players can only move when the coach looks away

When the coach turns back and looks at the players, they must balance on one leg and freeze.

If players move when the coach looks at them they must take five steps backwards.

Progression

Play the game with a soccer ball

Coaching Points

Players need to keep their head up to see what the coach is doing.

Players are working on co-ordination and balance

When game is played with a soccer ball, keep the ball close.