
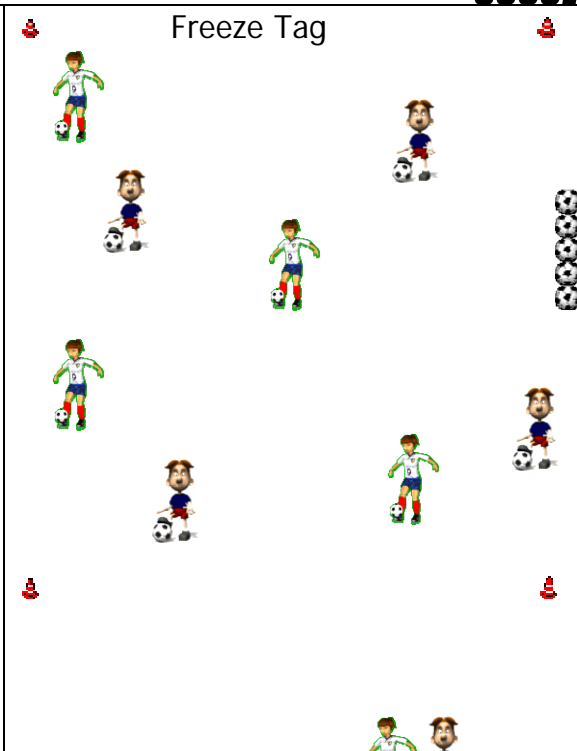


<p><b>3. Freeze Games</b></p> <ul style="list-style-type: none"> <li>- <b>Red Light - Green Light</b> Players move across area on command of Green Light. Coach announces Red Light and players must stop. Any players caught moving or with ball far away from them must restart 10 steps back toward starting line. When all players reach end line game is complete. Repeat.</li> <li>- <b>Freeze Tag</b> 45 sec. games Coach is "It." Players move in area. When "It" touches a player, player must freeze in that position. Teammates can unfreeze player by standing next to frozen player and stand on one foot balanced for count of 4.</li> <li>- <b>Freeze Tag w/ ball</b> Players have ball. When player is frozen, teammates must nutmeg frozen player to unfreeze.</li> </ul>	<p> Red Light Green Light</p> 	<p><b>Freeze Tag</b></p> 	<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Extra Laughs for funny frozen forms</p> <p>Field Size: Red Light – Green Light 20 x 40 yards Freeze Tag 25 x 25 yards</p> <p>Water Break!</p>
<p><b>4. 3v3 without keepers</b></p>	<p>Coach serves balls in. If ball goes out of play, have players leave it and coach restarts play with a new ball. Throw-ins can be added. Games to two or three and reshuffle players on teams if teams are lopsided. Celebrate Goals with Team Mantra!</p>		<p>Stretching, Relaxation, Balance, Coordination, Enjoy, Fun</p> <p>Field Size: 20 x 30 yards</p> <p><b>BIG FINISH</b> – Thank you and congratulations to all!</p>