



FCB-Tage games #1: "Freeze/Tunnel Tag"

Organization: Area: 15 x 15. Two equal teams, red and yellow. All Red players have a ball on their foot. Red players try to 'freeze' the yellow players by hitting the yellow players below the waist with the ball. When you are tagged you form a tunnel. Your teammate can crawl through your legs (tunnel) and put you back in the game. Timed competition.

Coaching points: Taggers - Control the ball. Head up, vision. Quick feet, fakes, creativity.
Runners - Change of direction. Change of speed. Heads up, awareness.