



## Freeze Catch

**Appropriate Age Group:** 6-9

**Skill(s) Practiced:** Pass, Catch, Scoop, Movement

**Drill Duration:** 5 minutes

**Resources:** Cones, sticks, balls

**Description:** Coach sets up (3) 20yd x 20yd boxes with no more than 6 players per box. There are 3 players on each team. The object is to move purposefully off ball to receive the ball in a location where it can be passed back to a teammate. Players may move anywhere they want inside the box to receive a pass, but once they have the ball they cannot move to pass it.

**Progression(s):** Roll ground balls. Switch top hand on the stick. Turn away from pressure.

**Drill Diagram:**

