

Discus Freeze

Objective: To focus on throwing out of the power position



Description: Mark the playing area boundaries with cones. One athlete is the tagger and is called “Freeze.” Freeze tries to tag as many of the athletes as possible. Once tagged, athletes must stop on the spot, start the discus throwing motion and freeze when they get to the power position. They hold this frozen power position until a second athlete designated as “Heat” melts the frozen athlete by tagging them. Once melted (tagged), the frozen athlete explodes out of the power position and simulates the discus release. They are then free to rejoin the tag game.

Variations: (1) Encourage frozen players to call out for heat—“bring the heat!” (2) Change the size of the playing area.

Equipment: Cones to define playing area