



## MINI-HAWK GAME STATION (AGES 4-6) ACTIVITY REFERENCE GUIDE

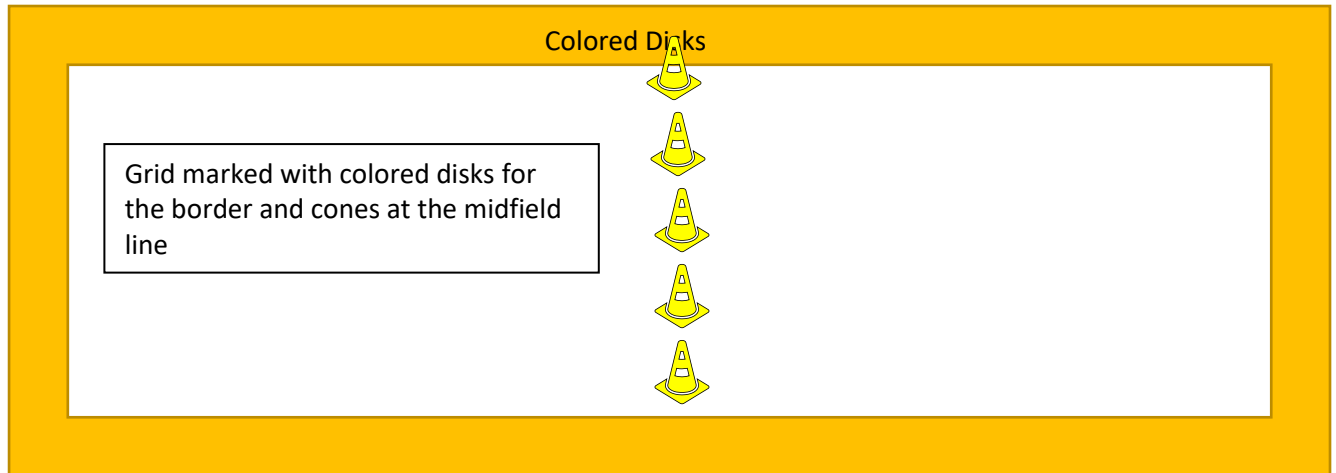


### Freeze Tag Dodgeball

Purpose: Running, Throwing, Catching, Teamwork, Strategy, Fun

Equipment: Cones/Disks

Set Up: Use the cones/disks to create a 60' x 30' grid.



### Execution:

1. All players can heal any player on their team.
2. If a player gets hit by a dodgeball below the shoulders, or a player on the other team catches their ball in the air without it hitting the ground, that player is frozen and must take a KNEE where they got frozen.
3. If any player on their team tags them on the head or hand, they are back in the game and can stand up and resume play
4. Game continues until everyone on one side is frozen
5. This game can go on forever. It is designed to introduce kids to dodgeball and the concept of getting out and getting back in. Concepts that are important for future dodgeball games that are more complex.
6. Most importantly this game teaches INTEGRITY. Award points to players who don't lie or try sneak out of getting out. If you get hit, or someone catches your ball, it is okay. Just take a knee and you can get back in the game with some help from your teammates.