

# “Freeze”

By

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During your coaching session have you ever shouted out the title of this article? “Freeze”. I know I have because I wanted to make a coaching point and didn’t want to lose the picture that was in front of me. The key question is: Do I use it too often?

The Freeze is an effective teaching method to address a coaching moment and show players exactly what you want them to see. However, it is also the intervention that disrupts the flow of training the most. Players start to get irked when the game they are playing continues to be disrupted by a well-meaning coach who wants to make a coaching point.

Don’t get me wrong. I think the Freeze is a useful tool in coaching if used occasionally and in a proper manner. If one uses the Freeze method too often training is affected in a negative way. Players want to play and not stand around listening to a coach talk for minutes about one specific play. Coaches need to choose wisely when to use the Freeze method to get the greatest effect and not take away precious time and fun away from practice.

If a Freeze is called, how do you proceed to make it effective? The 5 R’s are useful steps in addressing the coaching moment.

1. **Rewind** – Take a second to recreate the situation as you saw it so that you can speak to it.
2. **Recreate** – Make sure players are put back in the correct locations so you can reconstruct the scenario that you

wanted to address. This does not always need to be a mistake it could also show a successful situation.

3. **Review** – Ask players about the play. What was good or what could be done to have more success? Come up with a correct response and why.
4. **Rehearse** – Once an answer is derived, walk thru it and see the outcome.
5. **Restart** – Put the game back into play from where players were frozen. Once the ball is touched it is back to the live game.

Using the method of the 5 R's will hopefully be useful to correct or affirm the play. It should also offer you an organized method to teach and save time.

In conclusion, Freeze is an effective method to coach if used at the right time and executed properly.