



Core skill: Running with the ball

Difficulty level ★☆☆

STUCK IN THE MUD

Beginning activity

Players run with the ball inside the grid while there is one defender without a ball who is the tagger.

If players get tagged by the defender they become 'stuck in the mud' and stand still with their legs in an open stance and hold their ball in their hands.

One of their team mates must pass a ball through their legs for them to become 'unstuck' again.

Note: To step up the "tagger" dribbles a ball around and keeps control of their own ball while tagging other players.

Set up: Set up an area approximately 10m x 15m. Each player has a ball.

