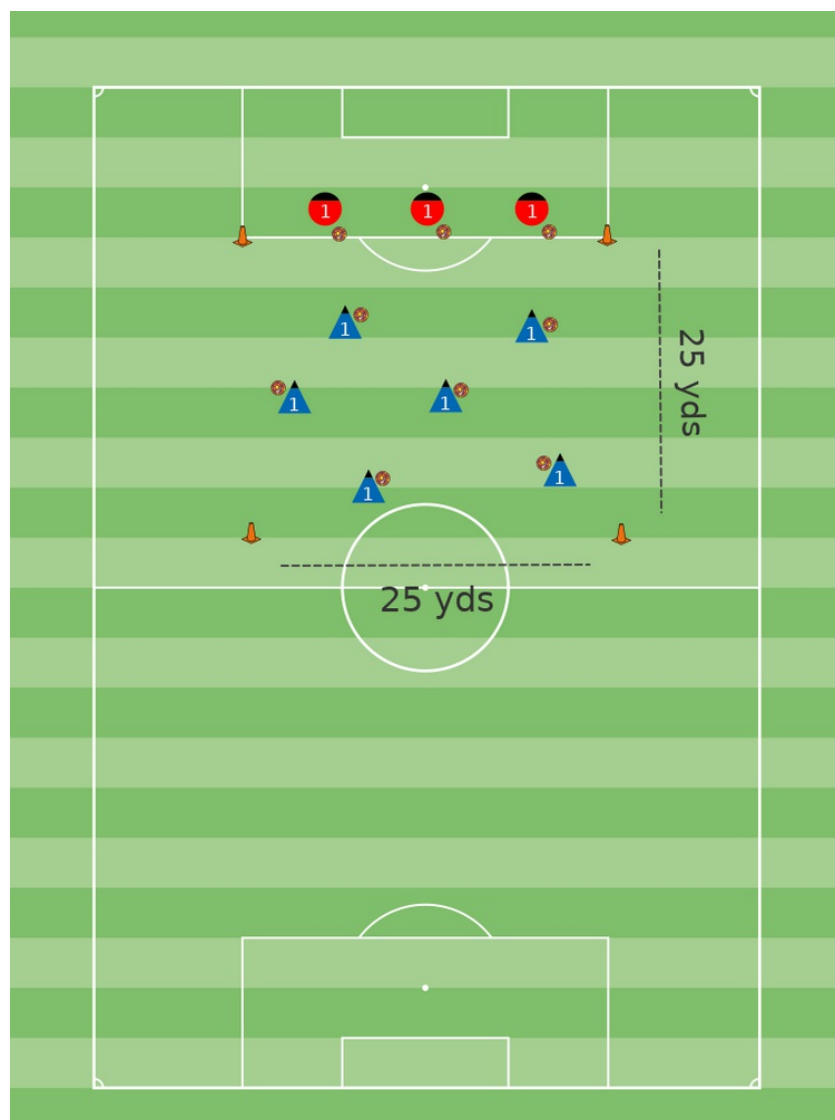


## Stuck in the Mud

OBJECTIVE: Improve the individual player's ability to control the ball dribbling

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Field set up as shown. The triangles in the middle all have a ball. The circles on the outside have the ball and are the "taggers". When the coach says "go!" the taggers must dribble their ball into the grid and try to kick their ball into the ball of a player who is not a tagger. If a player in the middle gets "tagged" they are "stuck in the mud". The player must stand with his/her ball in her hands raised overhead and spread their legs wide on the ground. Another player who has not been tagged may free a tagged player by kicking his/her ball through a stuck player's legs. Play for 1 minute and rotate taggers.

### KEY WORDS:

### GUIDED QUESTIONS:

### ANSWERS:

### NOTES:

### TEAM FUNCTION:

Attacking

### AGE:

U5 / U8

### PLAYERS:

6 vs 3

### DURATION:

9:0 min (5 x 1:0 min, 1:0 min rest)

### INTENSITY:

Hard