Drill Name: Stuck in the mud

Organization

- Create a 30x 40 grid
- All players inside the grid except from 1 player who is “it”
- On coach’s command, all players must dribble around the grid while the person who is it attempts to tag them
- If a player is tagged, they must stop the ball, pick it up and hold it above their heads with their legs apart
- Stuck player must yell “HELP, I’M STUCK IN THE MUD” before they can be unstuck by another teammate
- In order to be unstuck, another unstuck player must pass the ball between the stuck players legs
- Once unstuck, resume dribbling.
- If a player leaves the grid, they are automatically stuck
- Progression – have more than one tagger

Variations

- **Dribbling** – keep close control of the ball and keep heads up to watch for the tagger
  - Dribble away from tagger and toward stuck players
  - Move to open space
  - Use turns/feints/skills to avoid tagger
- **Defence** – PROGRESSION – taggers have to touch the soccer ball of players. This will encourage players to shield ball (using body) away from tagger
  - Tagger is encouraged to use shoulder to shoulder contact (without fouling)
- **Team Play** – stuck players must shout “HELP, I’M STUCK IN THE MUD” before they can be freed.
  - Use the “man on” shout if the tagger is getting close to another player

Week # 1,2,3,8

**Dribbling**

**Defence**

**Team Play**