



Stuck in the Mud

Purpose- Opposed dribbling

Organization

All players except for the two in the scrimmage vests have a soccer ball

Players dribble around the grid and try to avoid the players in the scrimmage vests

The players without the ball (defenders) try to tag the players with the ball.

Players in the scrimmage vests (defenders) can only hop to start (passive defending)

If players with balls are tagged, they must hold the ball above their heads and call "stuck in the mud, stuck in the mud, stuck in the mud"

To become free another player must dribble the ball and pass the ball through the persons leg so they can place the ball down and return to the game.

After one minute the defenders are allowed to run. How long does it take to tag all the defenders?

Coaching Points

Keep the ball close

Keep your nose in front of the ball, to avoid defenders and look for the open space.

Technique- Use turns and fakes when 1v1 to avoid being tagged by defenders