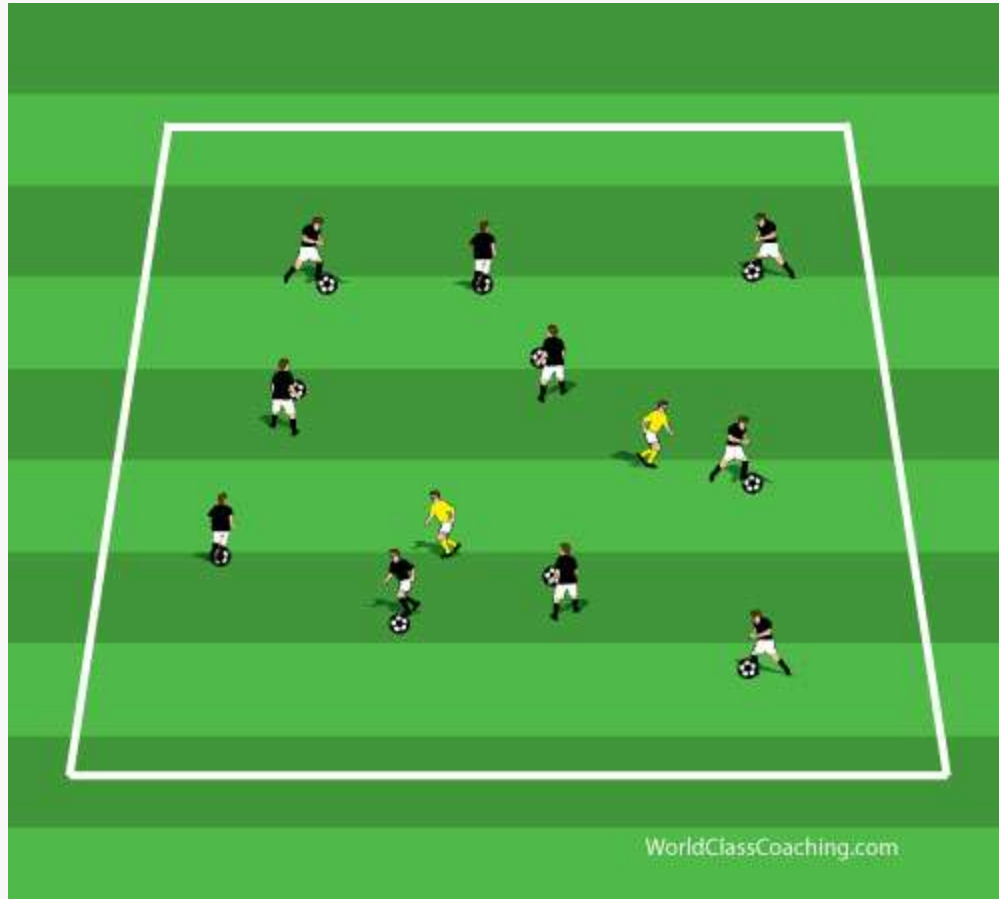


Stuck in the Mud



Rules:

- One 'It' player
- Everyone else dribbling
- Stuck if your ball is tagged
- Unstuck by teammate
- Start with one 'It' player progress to more

Focus:

- Always be moving
- Keep the ball close and under control
- Protect Ball
- Use the foot farthest from the defender
- Shield
- Face up
- Help teammates

Progressions:

- Set time to get everyone stuck
- Work in pairs