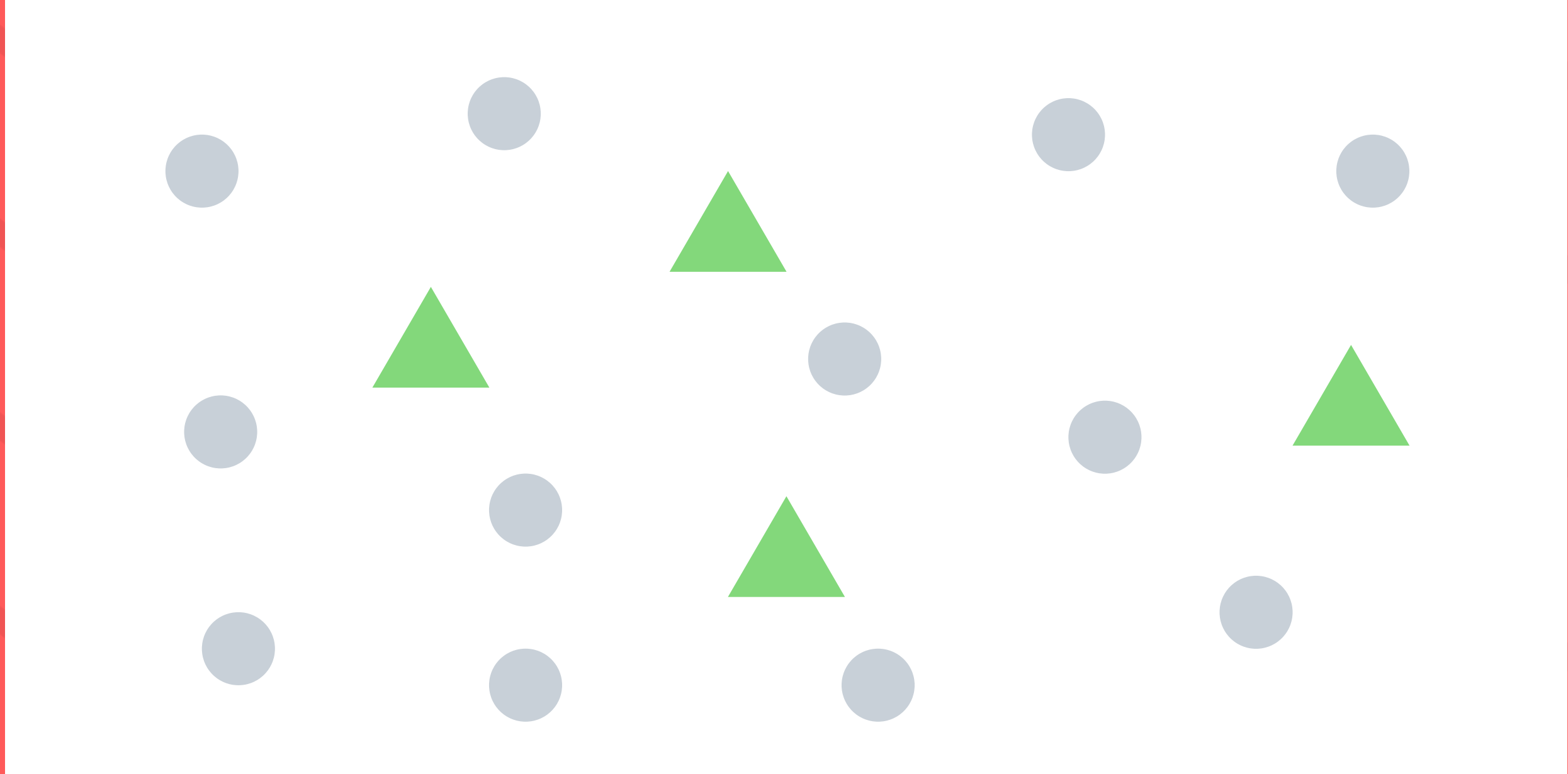


FOOTBALL STUCK IN THE MUD

The focus of this activity is to develop control when moving with the ball. All children have a ball except the children who are taggers (wear bibs).



The Game:

The children with balls dribble around inside the coned area. The aim of the taggers is to catch the children with the balls. If they are caught they freeze, holding their ball above their head with their feet shoulder width apart.

To be freed another player has to dribble their ball through the legs of the stuck player.

The taggers score 1 point for each child that is 'stuck' when the whistle blows. Children swap roles.

Equipment:

Cones

Footballs

Bibs

Teaching Points:

- Soft touches of the ball
- Use inside and outside of foot
- Head up
- Communication



Progressions:

1. Increase number of taggers
2. Add gates which attackers must dribble through before freeing a 'stuck' player

Differentiation:

- Increase/Decrease number of taggers
- Increase/Decrease size of area
- Adapt the length of time per round