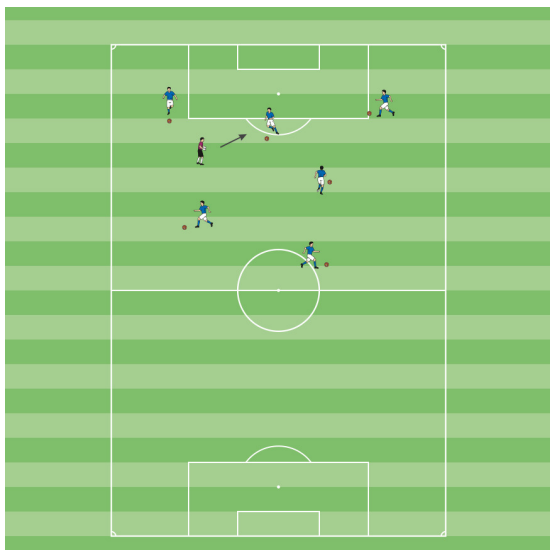








TRAINING EXERCISE

Stuck in The Mud



	Dribbling Perception & Awareness
	U5 to U12
	5 to 16 Players
	Balls, Pinnie
	Intensity: 6
	10:00 min (4 x 01:30 min, 45:00 min rest)

Objective

Stay away from the mud monster

Description

Each player has a ball except the mud monster. The mud monster chases players with the ball and tries to tag them. Once tagged players must hold the ball above their head with their legs wide apart. To be freed players must kick their ball through their team mates legs. Progression:- Introduce an extra mud monster

Key Points

- Head up to avoid bumping into team mates and know where the mud monster is- Keep ball close so direction can be changed quickly if necessary- Have larger touches for speed when trying to get away from mud monster- Use side of foot for accuracy when passing ball through team mates legs