

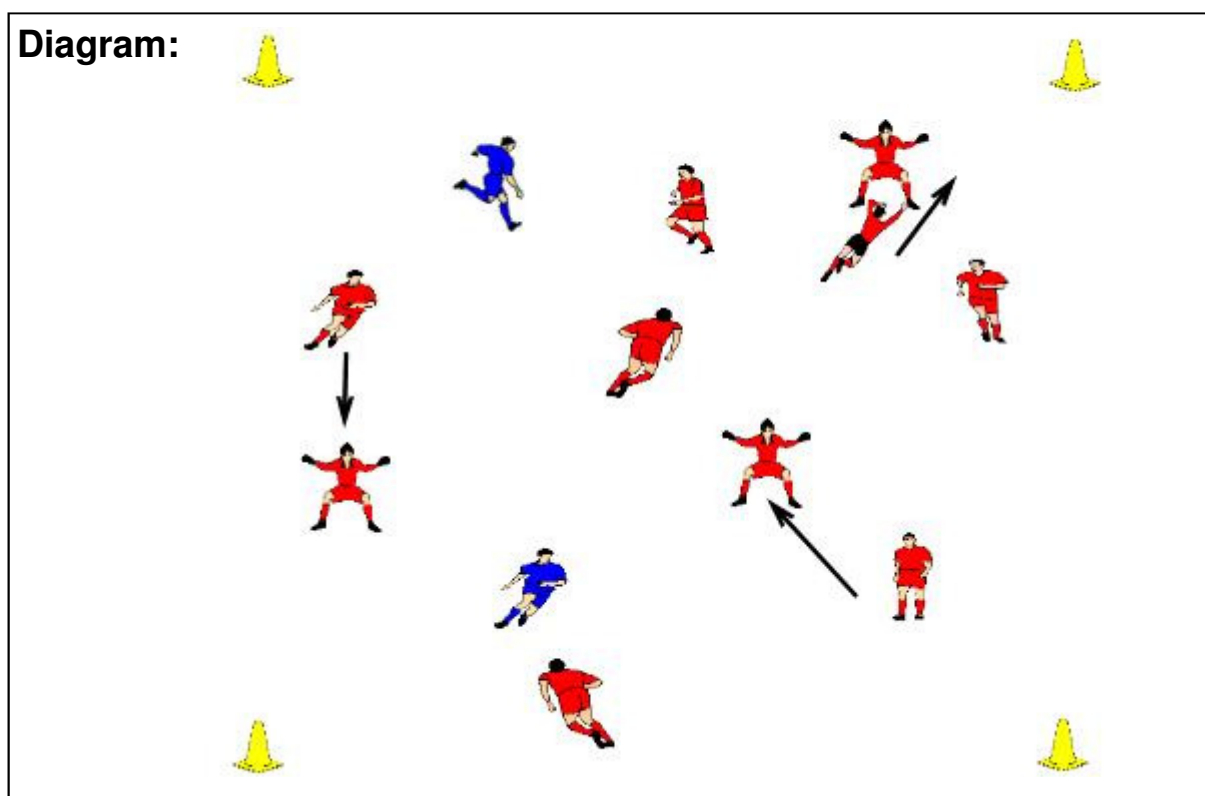
**Topic:** Warm Up/Fun Game  
**Drill Name:** Stuck in the Mud U7/U8

**Age Group:** U/7 to U/9

**Objectives:**

1. Fun games that increase coordination and spatial awareness
2. Fun games that improves social interaction
3. Gross motor activities that develop sound movement patterns

**Diagram:**



**Description:** Two players are the taggers. The remaining players move around the area and avoid being tagged. If a player gets tagged they are stuck in the mud and stand with their feet apart and call for help. To be released a teammate must crawl through the players legs. The game is over when all players are stuck in the mud or after 1 minute.

**Progressions:** Introduce more taggers. Players to dribble a ball each and taggers to touch the players ball with their feet.

**Coaching Points:** Taggers to work as quickly as possible to tag all players. Free players to show good vision and awareness to release stuck teammates.