

# GAME: STUCK IN THE MUD

This is a FUN Warm up and Evasion Game to stimulate and activate players while developing their Evasion, Invasion & Communication Skills



## HOW TO PLAY

- \*Design a 20m x 20m Area (with cones)
- \*Two players with the ball are the taggers (increase if larger numbers)
- \*Their aim is to Tag the non-ball carrying players
- \*Once a player is tagged they must stand in a static position (stuck in the mud) with arms outstretched
- \*They can only be released by another non-ball carrying player who runs under an outstretched arm
- \*Continue until all players are tagged or 5mins (whichever is sooner) then change the taggers

## GAME CONSTRAINTS

There are multiple adaptations and constraints available for this game:

1. Tagged players can only be released through their legs. Releasers must adopt a low 'bear crawl' position to release
2. Tagged players must hop on one leg whilst waiting to be tagged
3. Tagged players must lie on their back like and upside down beetle and wiggle their legs. Releaser must squat low and roll the tagged player over to their front be released
4. Make pitch wider...make pitch narrower
5. Put a time limit on the catchers/taggers

## COACHING CUES

Fundamental Movement Cues:

- \* Squat
- \* Bear Crawl
- \* Hopping

## COACHING REVIEW

Stop – Start – Continue

1. What worked well in this game?
2. What didn't work so well?
3. What will I do differently next time?