

Stuck in the Mud



Have all players get in the grid with a ball. Designate one player (without a ball) to kick everyone else's ball away. Allow eliminated players to re-enter the grid, but have them hold their ball over their head and spread their legs apart. If another player dribbles their ball through the eliminated player's legs (a "meg" in soccer), the eliminated player can play again.

Variations:

1. Increase the number of defenders
2. Transition into one of the variations from Knock Out!

Focus:

Players should focus on keeping their heads up and the ball close to their body and under control.