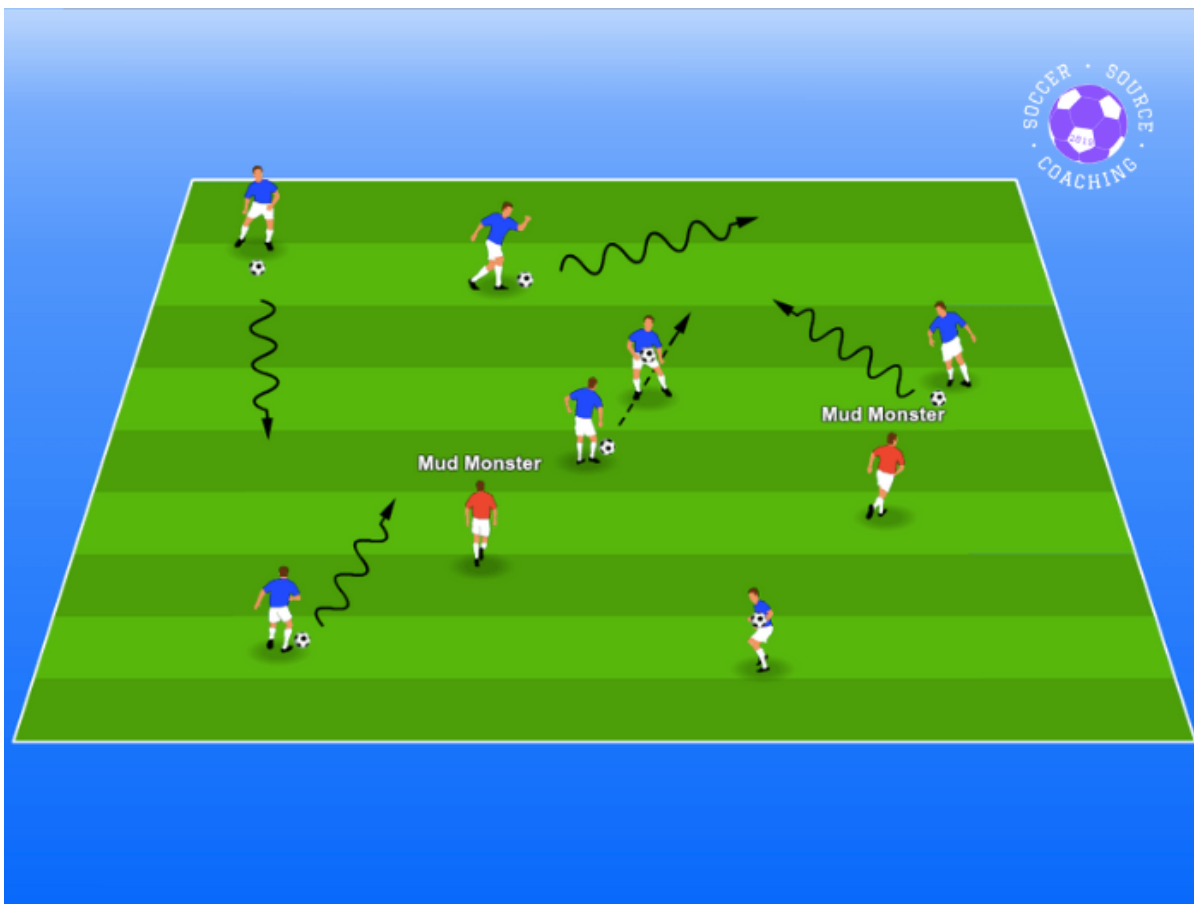


# Mud Monsters



## Purpose

The purpose of this soccer game is to help improve a player's dribbling and turning skills.

## Set up

- 10 x 10-yard area
- 1 soccer ball per player
- 2 Pinnies

**Advanced**

## How it works

Set up your 10 x 10-yard area and in your group of players ask 1 or 2 of them to become the mud monster (the taggers), give them a pinnie to hold onto so they are easily identifiable.

The other players will have a soccer ball at their feet and try to dribble away from the mud monsters. The mud monsters must try and tag as many players as they can, if they tag a player the soccer player they become frozen and must hold their soccer ball above their head and stand with their feet shoulder-width apart (wide enough so a soccer ball can be passed through).

The way a player becomes unfrozen is if another soccer player dribbling their ball passes the ball through their legs, they can then place their soccer ball on the floor and carry on dribbling again.

If this is too hard players can instead be freed by a high five.

## Coaching points

- Take small touches to keep the soccer ball close to you
- Run fast away from the mud monster and take big touches out of your feet
- Dribble with your head up.

## Questions

- What kind of touches should you take to keep the soccer ball close to your feet?
- What kind of touches should you take if the mud monster is chasing you?
- How do you know where the mud monsters are?