



Stuck in the Mud

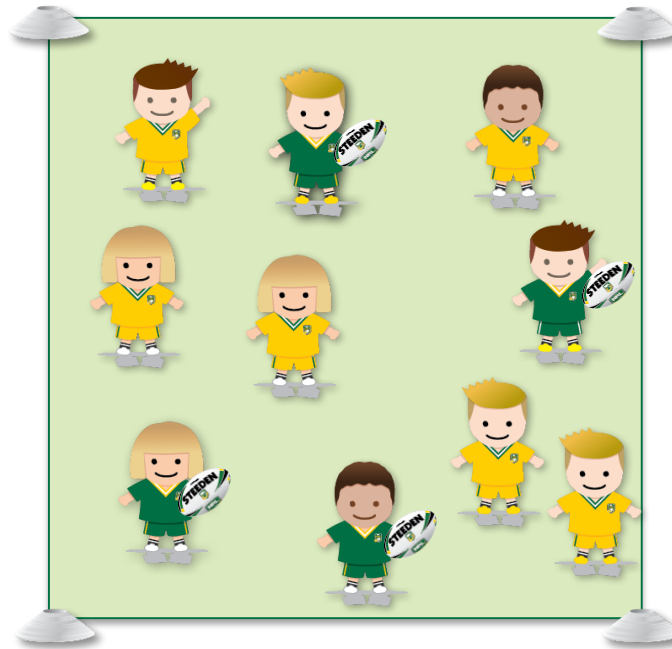
Skill – Grip & Carry

TYPE
Open

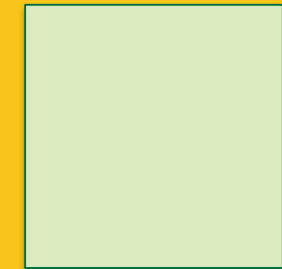
AGE
6+

Description

- » 4 green players start with a ball.
- » When the activity starts, the green players are able to run around the grid with the ball in two hands.
- » The yellow partner players must attempt to avoid a tag by the green players.
- » If a yellow player is tagged, they must stand still with their hands on their head.
- » They may only move again once a yellow teammate crawls between their legs from behind.



Field Size (10m)



(10m)

Players



You can add as many players as needed

Equipment



x (4) Markers



Whistle



x (4) Footballs



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