

Mud Monsters



RULES

- All players with a ball except one 'tagger' without a ball
- Tagger tries to tag any player with a ball
- If a person is 'tagged' they are 'stuck in the mud'
- They stand still, put the ball above their head and open their legs
- To set a player free another player must pass ball through the legs

POINTS

- Keep head up
- Look for tagger
- Accurate passing

Gates in pairs



RULES

- Cones are spread out in pairs to make 'gates'
- In pairs, players move to different gates and pass the ball to partner through the gates

POINTS

- Keep head up
- Communicate
- Partner be ready for the ball
- Standing foot at side of the ball
- Head down to kick ball
- Kicking foot goes right through ball in straight path
- Step through your pass

Ball Knock



RULES

- Player in pairs
- Place one ball on top of the cone
- Player A passes to player B
- Player B tries to knock the ball off the cone with one touch pass
- Rotate after each attempt

POINTS

- Head down looking at the ball
- Body facing direction ball is being kicked
- Standing foot goes at the side of the ball
- Use inside of the foot to kick ball

GAME



RULES

- 4v4 with no goalkeepers

POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal