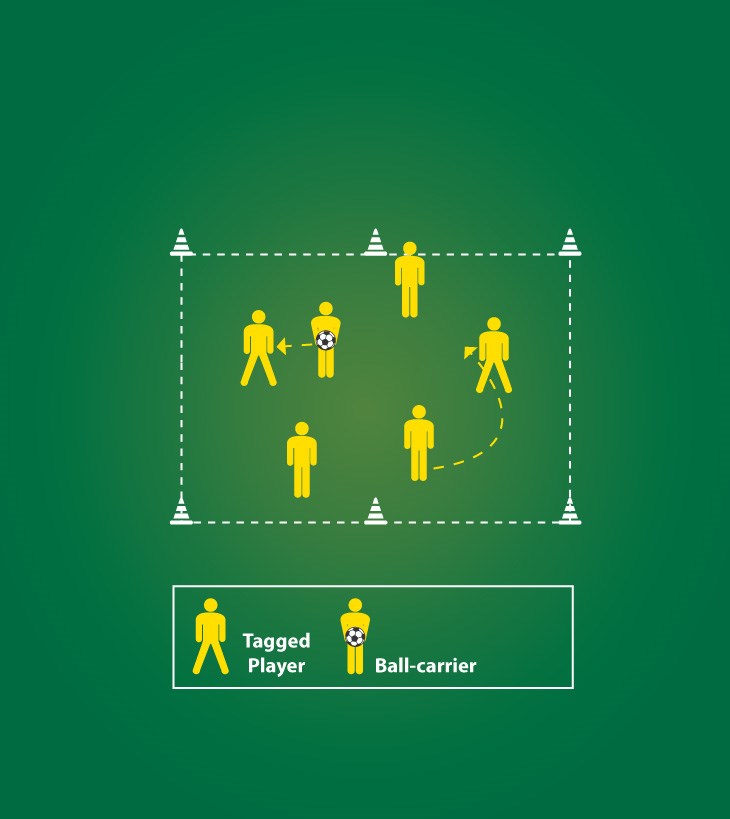
## Beginning: Stuck in the Mud



Mark out a 10m × 14m area. Five players try to avoid one player who carries  
a ball in their hands.

The ball-carrier attempts to tag the runners by touching them with the ball (make sure the ball is not thrown and that players aim for the trunk). If a player is tagged, they are ‘stuck in the mud’, and stand with their legs wide apart until a team-mate frees them by crawling through their legs.

Each ball-carrier has 30 seconds to tag as many players as possible.  
After 30 seconds, change the ball-carrier.

### Progression

Ball-carrier dribbles the ball around the field and tags the players with their hand, while keeping the ball close to them (if this progression proves difficult for them, make the field smaller)