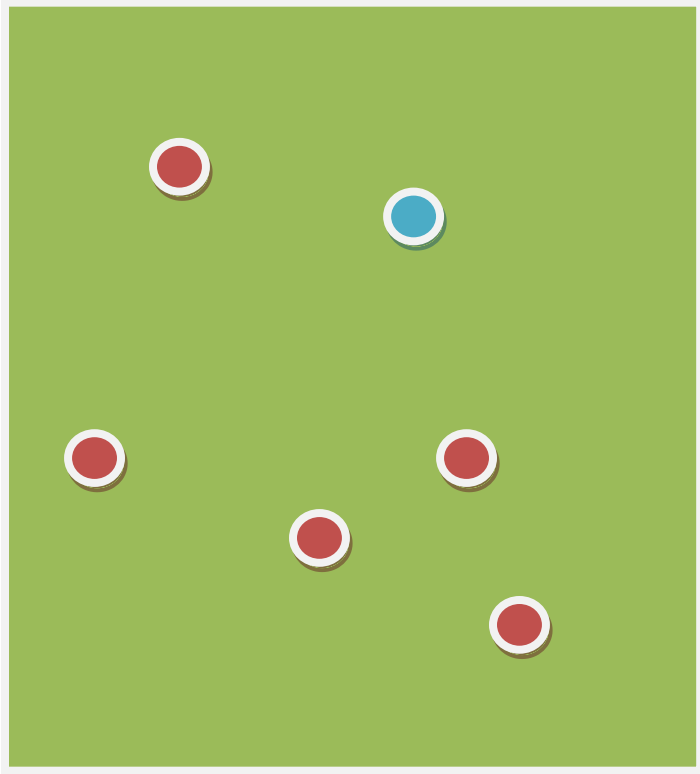



Stuck in the Mud



Key

25x25m space

 Team A

 Tiger

Equipment

25x25m space, 2x cone

Rules

On the word go the tiger must tag as much people as they can within 4 min.

However untagged players can free the one stuck in the mud

Progressions

Freed under arm, under legs, dynamic stretches prior rejoining game

Focus

Improve spatial awareness, foot speed

Provide competition environment