



Drill Library



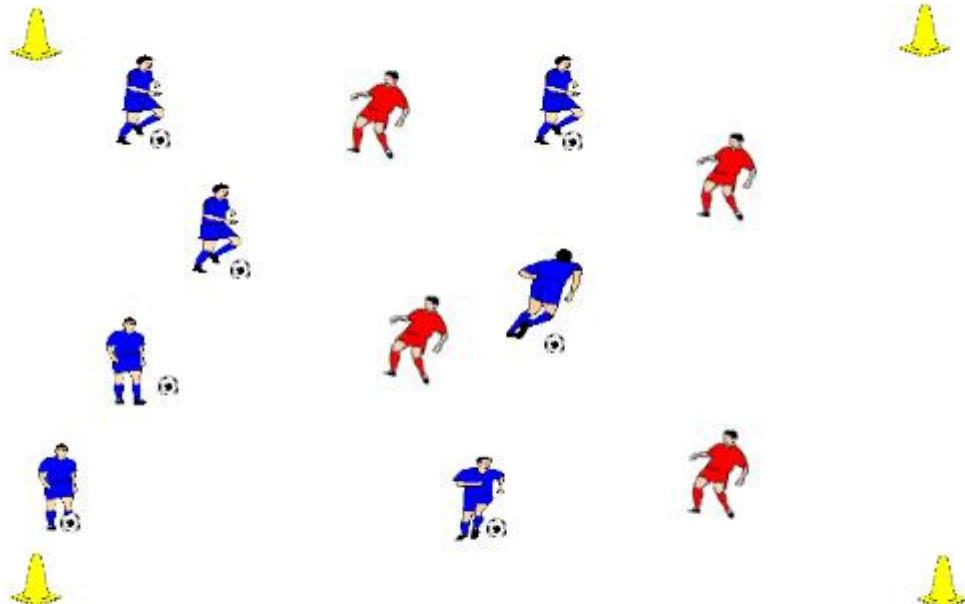
Topic: Warm Up/Fun Game
Drill Name: Crab Football

Age Group: U/7 to U/9

Objectives:

1. Fun games that increase coordination and spatial awareness
2. Fun games that improves social interaction
3. Gross motor activities that develop sound movement patterns

Diagram:



Description: Four players act as crabs by setting themselves up in the middle of the area on the palms of their hands and soles of their feet. The remaining players line up along one of the side lines facing the crabs and attempt to dribble from one side to the other. Crabs aim to kick the players ball out. That player then becomes a crab. The game is over when only one player remains.

Progressions: Introduce more crabs, make the area smaller

Coaching Points: encourage players to get their head up, close ball control, keep ball away from crabs feet.