



Crab Walk Soccer

Materials Needed:

- **1 Soccer ball or beach ball**
- **2 Soccer nets or laundry baskets laid on their side**
- **Cones or tape for center line**



Set Up:

In a large, open area (i.e. a gym), mark the boundaries of the “field” and a center line using cones or tape. Place the goals at each end.

Instructions:

- Divide the group into two teams.
- Choose 2 goalies
- Explain the crab position (hands and feet on the ground with their stomach towards the sky and bum off the floor)

How to Play:

- Players are only allowed to move in the crab position
- Players can only kick with their feet or use their head to move the ball (no hands allowed)
- Begin with a “kick-off”- the leader drops the ball in the center
- Each team tries to put the ball into the opposing team’s goal
- If the ball goes out of bounds, the leader will throw it back into play at the point it went out
- After each point, the leader has a kick-off by dropping the ball in the center

Variations:

- ❖ Add more balls and goals to the game
- ❖ Try adding an extra team with a ball and goal to the game (i.e. three teams, three goals and two balls at the same time)