



Crab Attack

Objective- Opposed dribbling

Each player has a ball and attempts to dribble from one side of the grid, past the crab in the middle of the field and to the other side. To give the players more chance of success the crab must be down on all fours.

Before you get to the other side, the players who are dribbling must touch the ball at least five times.

If the player is touched or his/her ball is touched on the way to the other side they become a crab (the crab must go down on all fours and shout 'crab attack')

Coaching Points

Try to use both inside and outside of the foot to take you into the space and past the crab.

Keep nose in front of the ball to see where the space is and the crabs are.

Work on change of pace, keep the ball close in tight spaces, then explode into the open spaces when past the crabs.