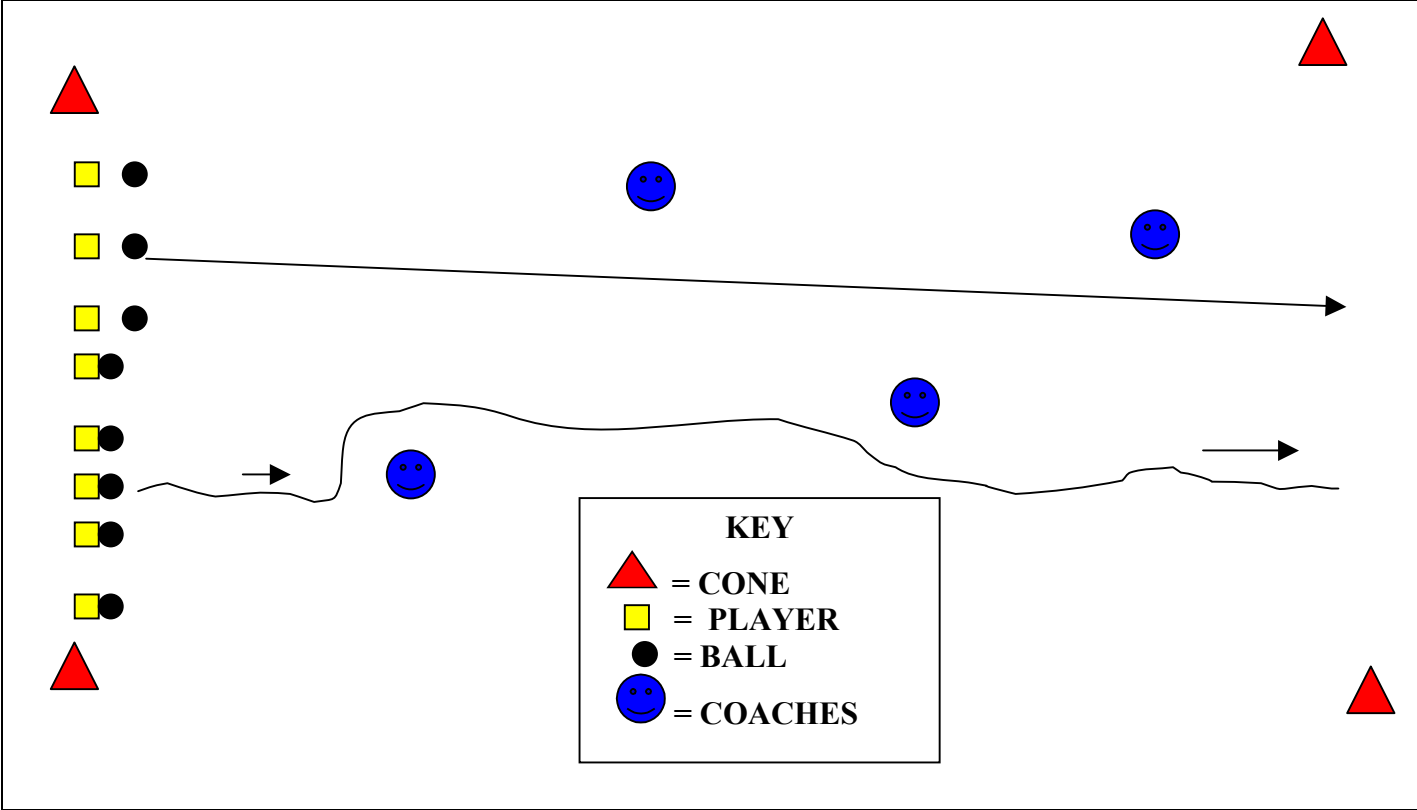


# SESSION TWO

## ATTACK OF THE CRABS



# SESSION TWO

## Instructions

1. **Line all the players up at one end of the square with a ball each.**
2. **Place three or four coaches (Crabs) in the square randomly**
3. **On the whistle, the players must run with ball to the other end of the square (safe zone) avoiding the crabs.**
4. **The crabs can only move sideways on the floor (Crab action)**

## Drill Progression

1. **The crabs become active and can walk around.**
2. **Have some of the children become crabs**
3. **Crabs can tackle and run around (It's a variation of Sharks and Minnows I guess)**

## Coaching Points

1. **Keep your head up**
2. **Don't 'LOSE' the ball!**
3. **Keep moving at all times (Do not stop until you reach the other side)**

## Equipment

1. **1 ball for each player**