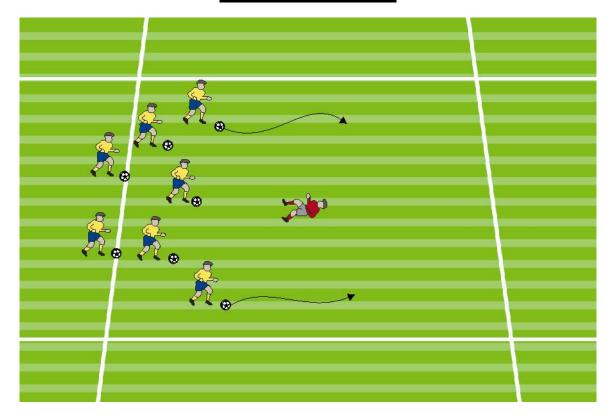


Beat The Crab



Organization:

The players stand with a soccer ball at one end of a 20yd x 25 yd grid. One player sits down in the middle of the grid in the crab position.

When the coach shouts "Go" the player attempt to dribble their ball past the crab, to the opposite end of the grid. If the crab can either kick the ball out of the grid or lift it off the ground with both feet, the player is out and becomes a crab. At the start of each game allow the players two practice runs across the grid without being eliminated.

Coach Notes:

Because the crab will not be able to change direction quickly, this would be a good time to show how a player can start dribbling to one side and then sharply cut back to the other to beat an opponent.