



Drill Library

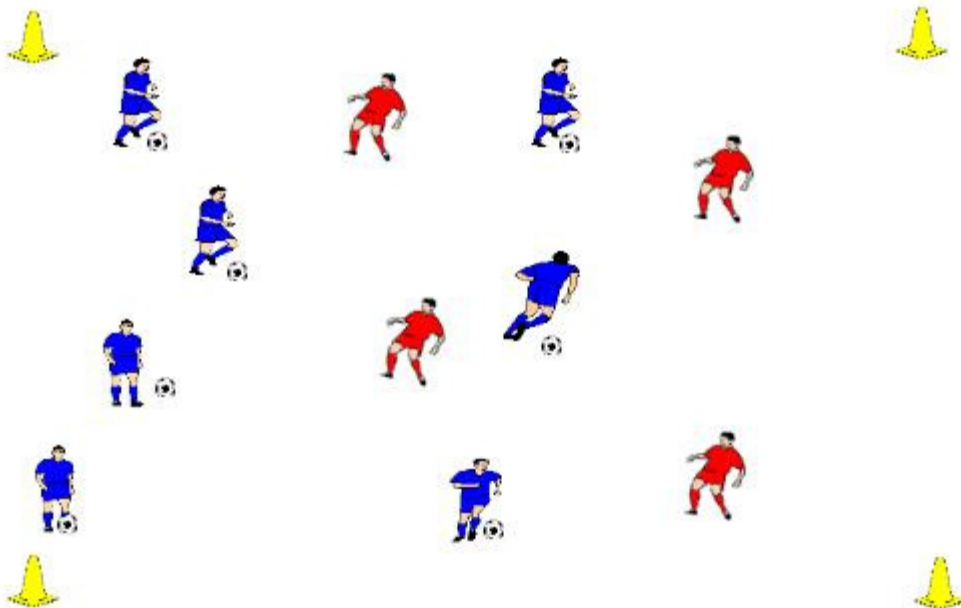


Drill Name: Fish and Crabs

Age Group: U/11& U12

Objectives: A fun warm up game that helps players improve their dribbling skills in fun warm up game

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