

PINCHING CRABS

To introduce the basic concepts of the game in a fun and positive learning environment

TECHNICAL

Fun Games

Foundation Football



Mark out a 20x20 playing area or adapt to suit the number of players.
All but one or two players have a ball and dribble around the area.
Allocate one or two players (crabs) a bib.
Players protect their ball from the crabs who are trying to 'pinch' the balls.
If a crab pinches a ball they score a point.
The crab returns the ball and play continues.
Most points wins.
Rotate crabs and players.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Basic dribbling technique.
- How to keep close control of the ball.
- How to use different parts of the foot.
- Learn how to move the ball at different speeds.
- Players begin to understand spatial awareness.

KEY FACTORS

- Always encourage players
- Close control of the ball
- Enjoyment of the session
- Ensure the session is relevant and age appropriate
- Space awareness within playing area

FOCUS AREAS

- Ensure every player is taking part in the session.
- Ensure the session is fun and that players are enjoying playing the game.
- Facilitation of the practice is more important than 'coaching' the players – let the game be the teacher.

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