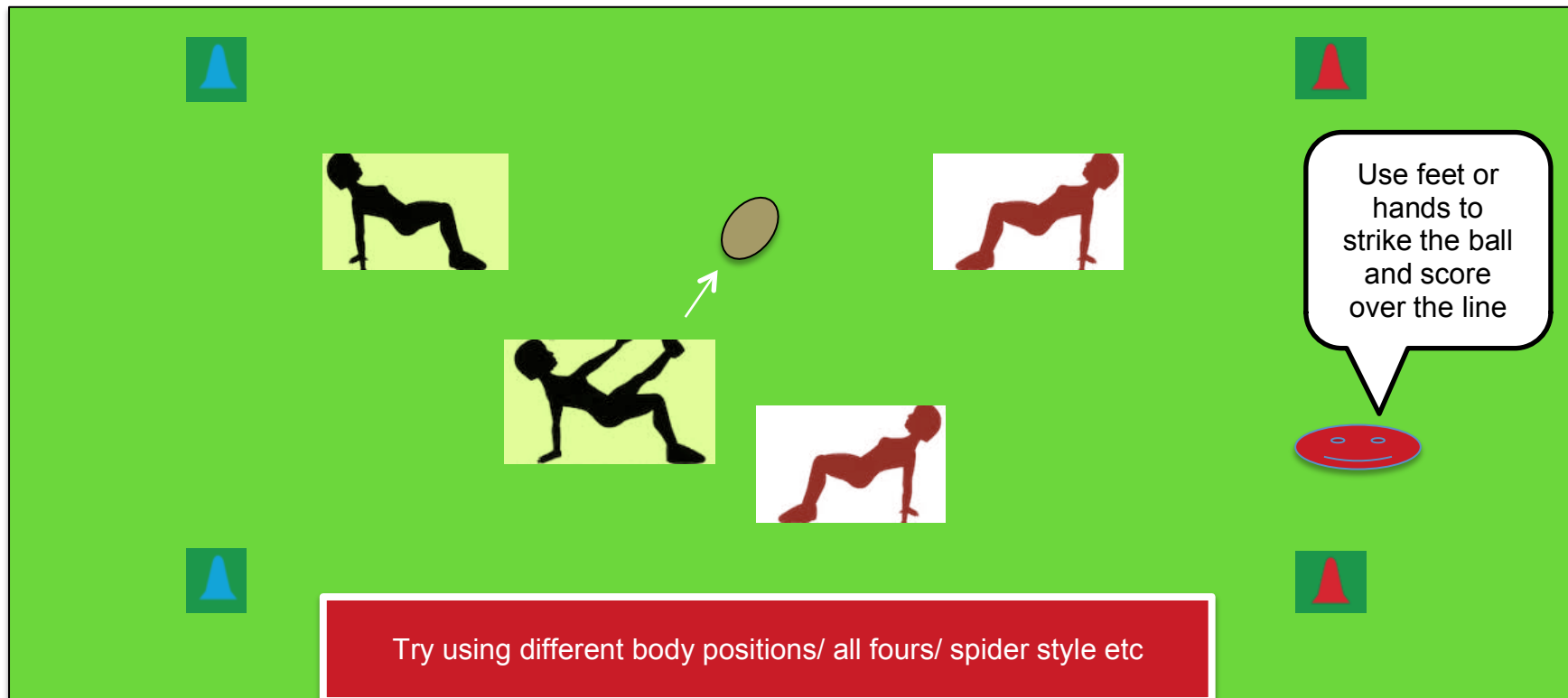


Crab Ball – For movement, strength and coordination.

- Same as football but with players in a crab position.
- Players can use hands and feet to strike the ball.
- Score by getting the ball over the opposition line.
- Change ways of moving i.e. All fours, spider run.
- Add more balls/ different types and size of ball.



Try using different body positions/ all fours/ spider style etc