

6U/8U - CORE & BACK

CRAB WALK

STATIONARY

- 1 • Sit on floor with hand about a foot behind glutes.
- 2 • Alternate lifting opposite hands and legs in place.
 - Slow, medium and fast...mix it up.
 - Play "follow the leader" or "simon says." Be predictable at first when calling out cues, then challenge the players with more unpredictable commands.

MOVEMENT

Forward: Start in Crab Walk position and walk forward 10 yards.
Backward: Start in Crab position and Walk backward for 10 yards.
Lateral: Players Crab Walk sideways 10 yards each way.



6U/8U - CORE & BACK

CRAB WALK

