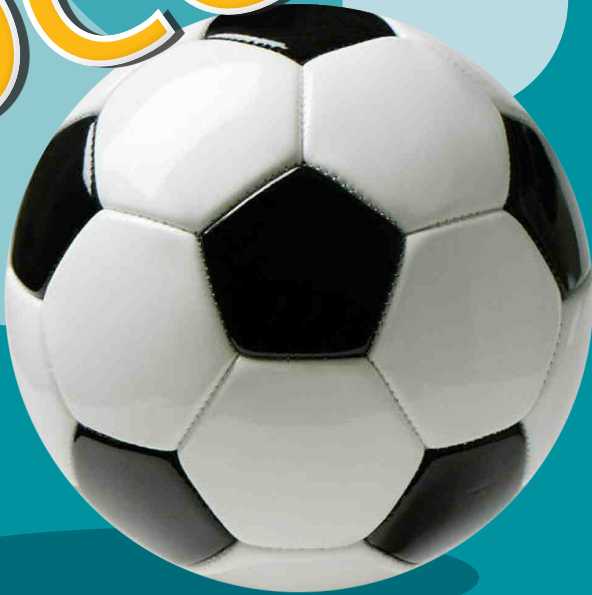


play
day

GAME

CRAB SOCCER



INSTRUCTIONS:

Number of Participants:
10–30 people

Materials:
Soccer ball, and 4 cones
for a goal

Steps:

Divide the group into two even teams. Then, mark the field of play and set-up two goals using cones.

This game is played the same as regular soccer, except that the kids use their hands and feet to support them.

Everyone must be sitting down, with feet and both hands on the ground. Once the game starts, the players can lift their bodies and walk in a crab-like position.

While walking this way, each team must try to score a goal.

Remember, no hands are allowed in soccer, so players may only move the ball with their feet.

One goalie is permitted for each team and they are allowed to use their hands to protect the goal.

The first team to five points wins the game!



Play
matters

59% of parents say that it is important that outdoor public play spaces and facilities make their children physically active.

Take
action

Sometimes you have to be crabby! Call your Park and Recreation Department when you see unsafe conditions on the playground.