**Volleyball: Crab Games**

**Crab Dance**

*Playing the Game*

**What you need**
- Sufficient space for all participants – smooth surface or grass is best.

**What to do**
- Players sit on the floor facing each other in pairs about 3 metres apart (wheelchair users can choose to get out of their chairs or use their chair).
- Players slide towards and around each other and back to their starting position as quickly as possible.
- Pairs can race each other or try to beat their own time.

**Catch a Crab**

*Playing the Game*

**What you need**
- Sufficient space for all participants – smooth surface or grass is best.
- Ribbons or sports sashes.

**What to do**
- Players spread out across the playing area.
- Half the players have a ribbon or sports sash tucked loosely into the back of their collar.
- Other players chase them by sliding or ‘crab’ walking and try to grab a ribbon.
- Change roles and play again.

**Crab Food**

*Playing the Game*

**What you need**
- Sufficient space for all participants – smooth surface or grass is best.
- Bean bags
- Hoops or tape

**What to do**
- Hoops representing each player’s (crab) home are placed in a circle around a central ‘base’ hoop.
- The base hoop is filled with beanbags (crab food).
- Crabs slide from their home hoop to the base, collect crab food (one bag at a time) and take it to their home base.
- Crabs can choose to steal food from other crabs’ home hoops.
- The crab with the most food after time has elapsed (1-3 minutes) is the winner.

These games develop movement skills for Sitting Volleyball.

Use the TREE model to modify these games.
Volleyball: Crab Games

Crab in the middle

What you need
- Sufficient space for all participants with a safe surface.
- Light volleyball, beach ball or balloons.

What to do
- Players sit in a circle with one player in the middle – the Interceptor Crab!
- The ball is rolled between players in the circle with the Interceptor Crab sliding or crab-walking to try and trap or touch the ball.
- If the ball is trapped (or perhaps even touched) the Interceptor Crab changes places with the player who rolled the ball.

Crab 4 Square

What you need
- Sufficient space for all participants with a safe surface.
- Light volleyball, beach ball or balloons.

What to do
- Divide the playing area into four squares as in the illustration.
- Divide the players into two teams.
- Two players, one from each team, sit in each square.
- The team in possession try to make as many successful passes as possible before the other team intercept the ball.
- If the ball is tipped or touched, possession changes and the new team tries to make more consecutive passes than their opponents.

These games develop movement and ball skills for Sitting Volleyball.

Use the TREE model to modify these games. Try the modifications suggested or devise your own.