



Australian Government
Australian Sports Commission



Tunnel crawl

A

Similar to tunnel ball but players crawl through their tunnel then execute a nominated movement at the end. Many variations are possible. (Play in teams of 4–6.)



What to do

- > Players are organised into teams (similar to tunnel ball).
- > Each player extends both arms and places their hands on the shoulders of the team member in front.
- > Players stand with their legs apart to form a tunnel.
- > The team member at the end then crawls through the tunnel.
- > Once in front, the team member executes a nominated movement (e.g. a star jump, martial arts punch or spin on the spot) and shouts 'GO!'.
- > The next team member at the end then starts the crawl.
- > This continues until all team members are back in their original positions.

Change it

- > Players commando crawl through the tunnel.
- > Lengthen the distance between players forming the tunnel.

Ask the players

- > What other techniques or exercise could you use to make it more challenging and fun?

Safety

- > Make sure there is enough space between groups and players.
- > Team members must be an arm's length away from each other, making sure their backs are straight.
- > Make sure players are approximately the same height to ensure enough crawling space.

LESSON LINK:

Tunnel crawl is a fun movement game that helps develop teamwork and coordination.

SESSION PLANS

Combos > Start Out WC 10A + Get Into It MV 02A + Get Into It SF 02