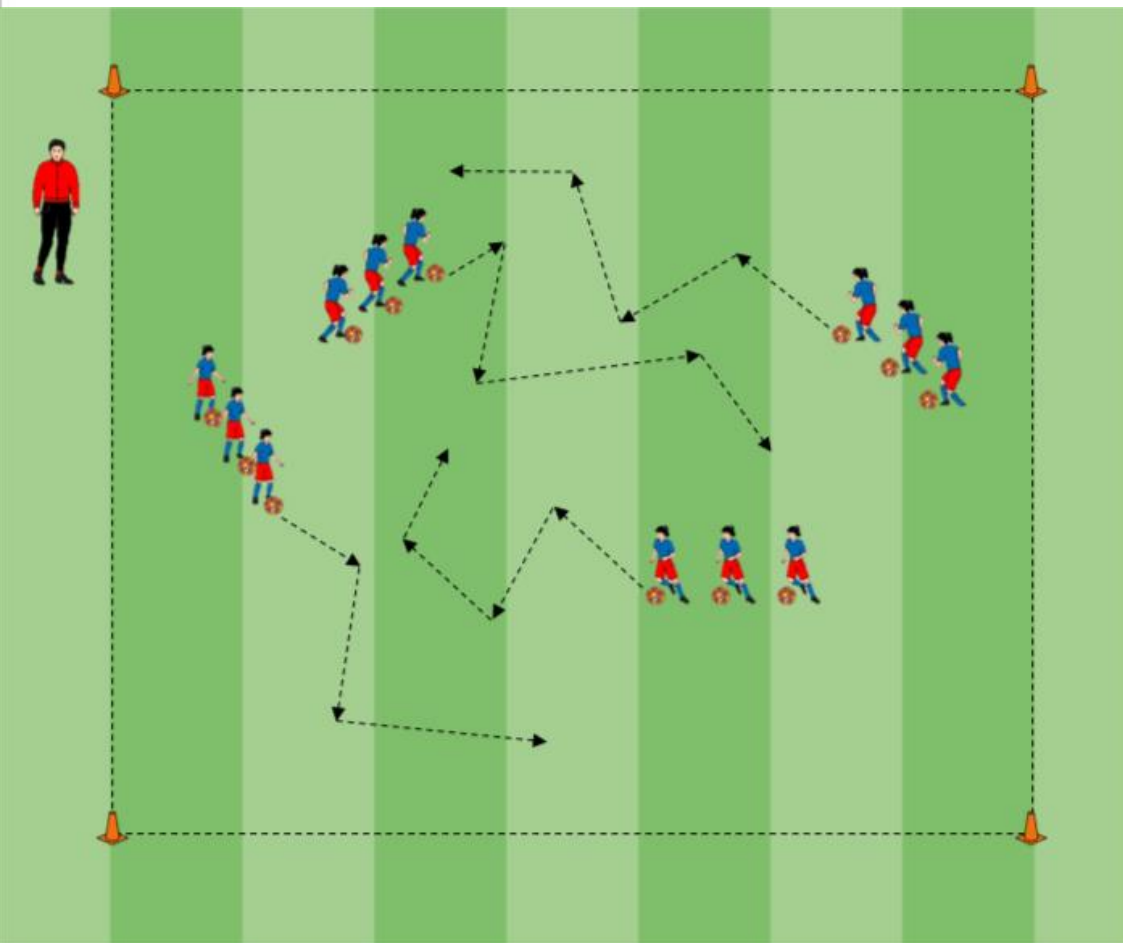


Snakes on a Field!

Game Focus: ball control – dribbling and movement



How to Play:

- Divide players into groups of 3 and give each player a ball
- Designate players the Head, Belly, and Tail
- Both teams dribble around the area, following the Head and weaving
- After 1 minute, call a stop and award a point to the snake(s) that stays close together, stay inside the area, and don't run into other snakes
- Rotate the players to different positions in the snake and start again

Coaching Points:

- Require players to use skill moves and turns while weaving through the area; allow the Head to choose which moves/turns to use
- Instruct players to keep the ball close
- Instruct players to explode out of their moves

Set-up: mark a 20 yard square (adjust to suit group size and skill)

