



SNAKE

Emphasis:

This game is designed to work on player's balance, coordination and body movement.

Setup:

Create a small grid approximately 20X20 yards. All of the players should be inside the grid with a ball. The coach designates 2-3 players to be the "snakes". These players hold hands and work together as one snake to tag the other players.

Instructions:

When the coach yells "SNAKE IN THE GRASS" the players with a ball try to avoid getting tagged by the snake. If they are tagged, they join hands with the players making up the snake. The snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts. Encourage fun by having the snake "hiss".

Progression:

- Allow the snake to separate into smaller snakes

Coaching Points:

- As the children attempt to avoid the snakes, they will move in all directions and should be encouraged to run, jump, cut, turn, etc to avoid the snake.
- Close control of the ball
- Keep the head up