

Snake in the Grass



Implications for the Game

Technical

- Does not apply

Physical

- Running
- Jumping
- Agility
- Balance

Tactical

- Looking for open spaces

Social/Psychological

- Very high positive group interaction.
- A great warm up, or early season ice breaker

Activity Organization:

Work in a confined area approximately 15 x 15 yards, with the team.

One player is the snake. The snake lies on the ground (belly down) and all the other players must place their hand somewhere on the snake.

When the coach yells "snake in the grass," the players release and the snake tries to tag them.

The snake must crawl and move like a snake.

Once the snake tags someone, they also become a snake.

The game continues until all players are snakes. Players run and jump to avoid getting tagged, but are not allowed to step on a snake!

Related Activities

- Human Obstacle Course
- Body Part Dribble
- I Can do Something, Can You?