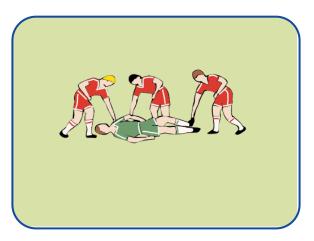
### Snake in the Grass



# Implications for the Game

#### Technical

Does not apply

### **Physical**

- Running
- Jumping
- Agility
- Balance

## **Activity Organization:**

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

One player is to be 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!

### Tactical

Looking for open spaces

### Social/Psychological

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

### **Related Activities**

- I Can do Somthing, Can You?
- Body Part Dribble
- Ballnastics Competitive

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