

Double Headed Snake

Emphasis: Changing direction, changing speeds, passing and ball control. Players that have a partner will work on communication and agility.



Set-up:

Appoint several players to be it. These players will each have a ball.

All other players interlock elbows moving as a pair.

Grid size should be approximately 20 x 20 yards.

Objective:

For players to get comfortable on the ball while changing direction and speed. Players will increase their passing efficiency.

Progression:

1. Players with ball will dribble around the grid trying to get close to the double headed snake.
2. Players will pass the ball from varying distances within the grid and try and hit the double headed snakes below the knees.
3. Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game.
4. Switch players so everyone has a chance to be the snake catcher.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Contact on the ball
- Follow thru toward target
- Utilize the outside of the foot to cut the ball