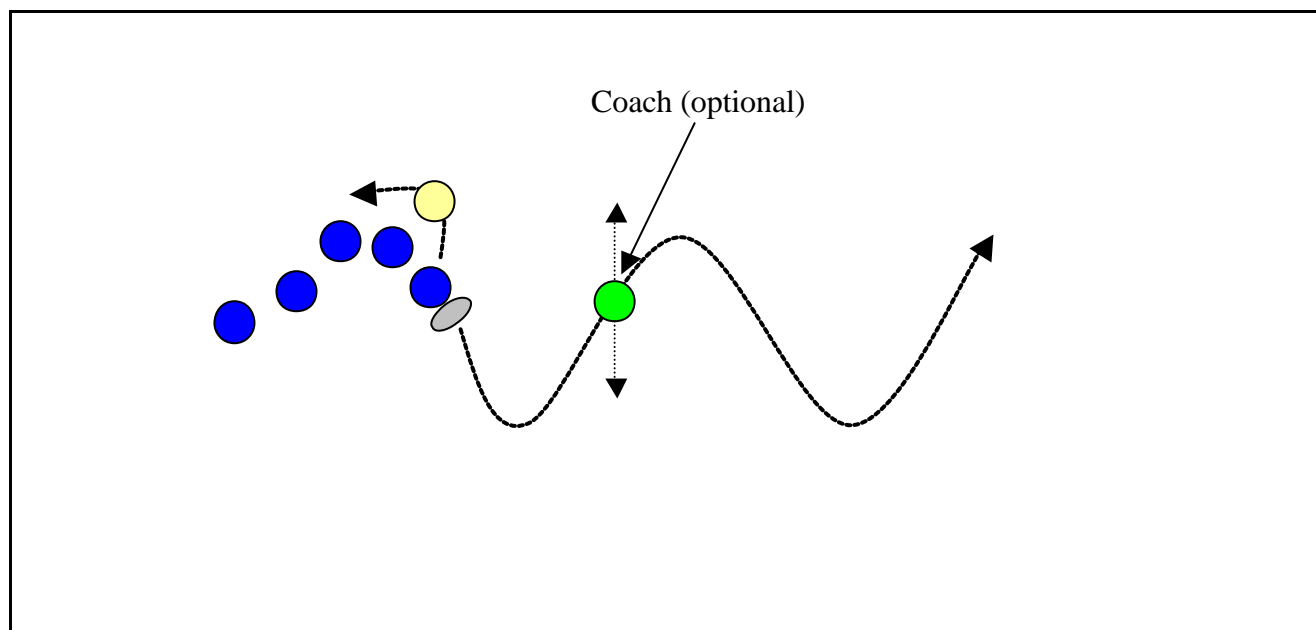


Drill Name		Snake Pass						
Objectives		To practice quick passing on the move, communication and coordination. Good exercise for younger players. Good pre-game warm-up (no area necessary).						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
18	Channel	10x30	1	5-6	10			



Description

1. Players form a line, one behind the other.
2. Lead player has ball. Players are asked to move forward in a snaking line – i.e. left to right. Coach calls “**Tag-Pass**” to indicate when pass should be made (For younger players coach can lead the group to indicate direction of snake).
3. Lead player passes to player immediately behind and then runs round to back of the snake.
4. New lead players now continues snake until next command of “**tackle/tag**”. Repeat until end of channel is reached, turn and then work exercise back down the channel.

Progression

1. Start slowly and speed up.
2. Continuous passing (i.e. no “tackle” – which group can make the most passes?).
3. Use cones to give players a course to “snake” around.

Set-Up

1. Mark out channel.
2. Organise into teams of 5 or 6.

Key Factors

1. Ball in both hands.
2. Correct lateral pass.
3. Hands up to catch the ball – targets.
4. Alignment/Position.
5. Pass backwards/sideways.
6. Call for pass – “my ball”.

