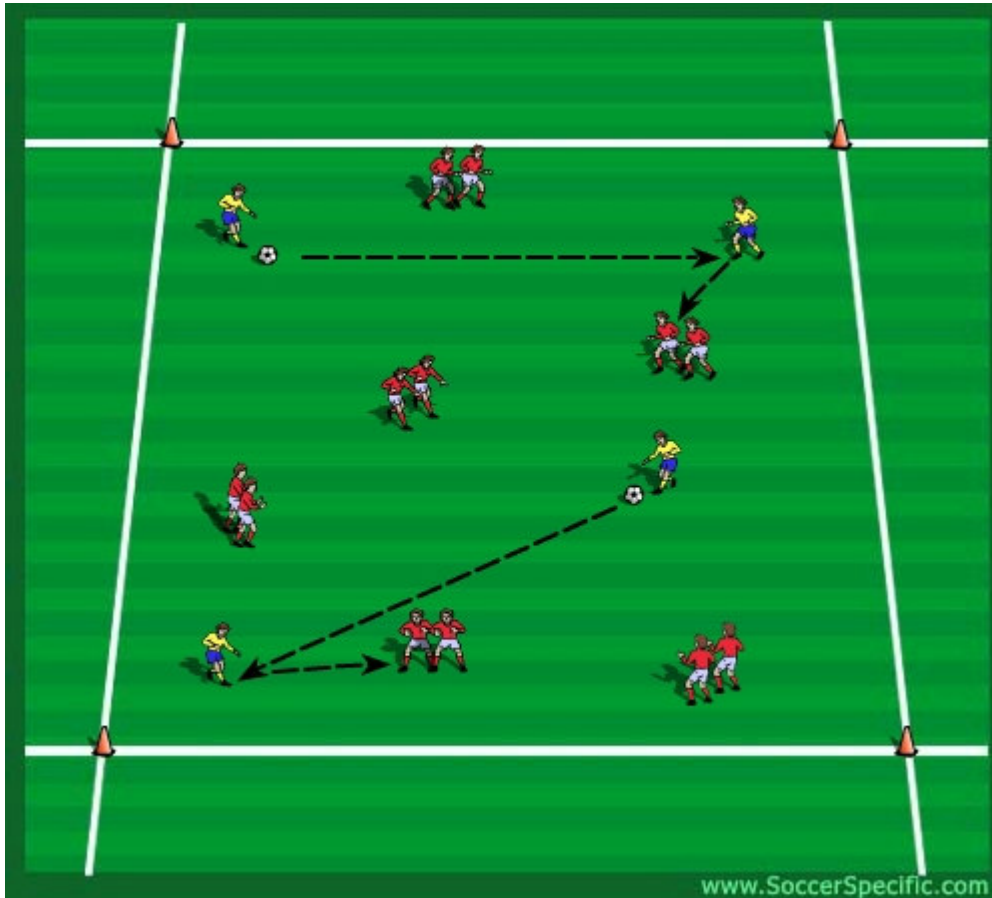


Double Headed Snake - Eliminator

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



Set-up:

Appoint two groups of two players to be it. These players will have one ball between each group. All other players interlock elbows moving as a pair, without balls. 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 and communication skills.

Progression:

1. Each group will dribble around the grid trying to get close to the double headed snakes.
2. Players will pass the ball from varying distances within the grid and try and hit the double headed snake below the knees.
3. The snake catchers must hit the double headed snake off of a one time pass.
4. Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game.
5. 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 and inside of the foot to cut the ball