

Snake Tag

Emphasis: Communication amongst teammates.



Set-up:

Players will partner up with a teammate in groups of two inside a grid space of 20 X 20 yards.

Objective:

To tag the free player before they can interlock elbows with an already existing pair.

Progression:

1. Form groups of two.
2. Two players will be it to start the exercise.
3. Player #1 will try and tag player #2 who is holding a ball.
4. Player #2 will try and lock arms with another group. When he does, he hands off the ball to the player on the opposite end.
5. Once player #2 joins an already existing group the player #3 on the opposite end of that group who now has the ball will now peel off and find another group before he gets tagged.
6. If player #1 doesn't catch a player within one minute, switch that player out and replace them with a rested player.

Coaching Points:

- Communication between teammates
- Develops agility and speed of thought