

“Snake in the Grass”

Setup

Create a small grid approximately 15X15 yards. All of the players should be inside the grid. The coach should designate two players to be the "snakes" by lying on their stomachs. Each of the players begin with one of their hands on the snakes in the grass.

Instructions

When the coach yells "SNAKE IN THE GRASS" the non-snake players attempt to avoid the snakes as the snakes attempt to slither around on their stomach and touch a non-snake player. As a player is touched, that player too becomes a snake. The activity continues until everyone is a snake.

Coaching Points

This soccer game is designed to work on young soccer players balance, coordination and body movement. As the children attempt to avoid the snakes, they will move in all directions and should be encouraged to run, jump, cut, turn, etc to avoid the snake