

Snatch Warm Up Game



Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It develops players reaction time.

Field Preparation

☆ 2 Players

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other. The coach calls out a series of commands, which the players must perform, but when the coach shouts out "SNATCH" the first player to grab the ball wins.

Coach tells the players to touch their; head, ears, shoulder, knees, toes etc. First player to 5 wins.