



## Snake Passing

**Appropriate Age Group:** 11-19

**Skill(s) Practiced:** Passing, Catching

**Drill Duration:** 5-10 minutes

**Resources:** Balls, Cones

**Description:** Players start out in two lines of no more than 4 players per line. Jogging in one direction, they pass back and forth to each other. When the pair of players reaches the end, they shuffle in and work their way back to the starting point, passing back and forth while back pedaling.

**Progression(s):** Alternate using inside or outside hands. Vary the distance between the pair of players.

**Drill Diagram(s):**

