



Snake

ACTIVITY SHEET 012

Objectives: Placement

Number of players: Individual exercise

Equipment : 6 balls of the same colour

Set up:

No preparation necessary.



Procedure

- Throw a ball into the front portion of the field.
- Use this ball as a target and try to stick to it.
- Continue the exercise in the same way with the remaining balls and try to achieve a straight line.
- Always use the last ball thrown as the target even if it is not stuck to the others.

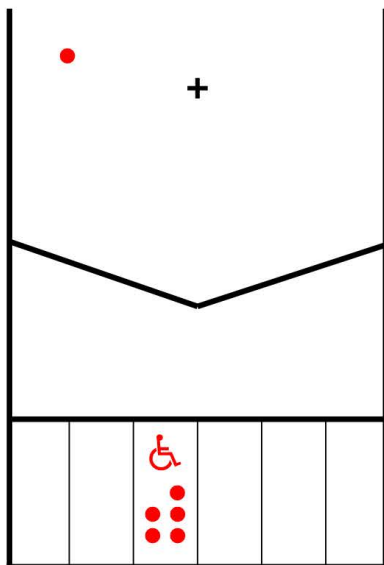
Variation

To practice different zones, throw the first ball in the middle or back of the field in front of yourself or diagonally.

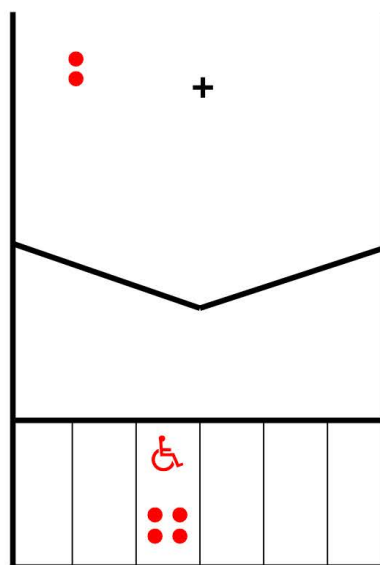
EXAMPLE (NEXT PAGE)!

EXAMPLE

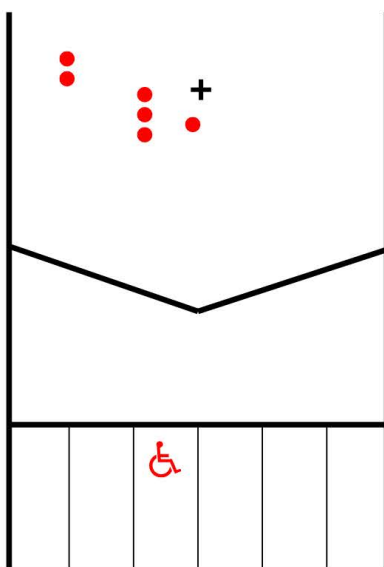
1. Throw a ball into the front portion of the court.



2. Always aim in front of the last ball thrown.



3. Even if the throw is missed, use the last ball thrown.



4. Continue until all the balls are thrown.

