



Australian Government
Australian Sports Commission

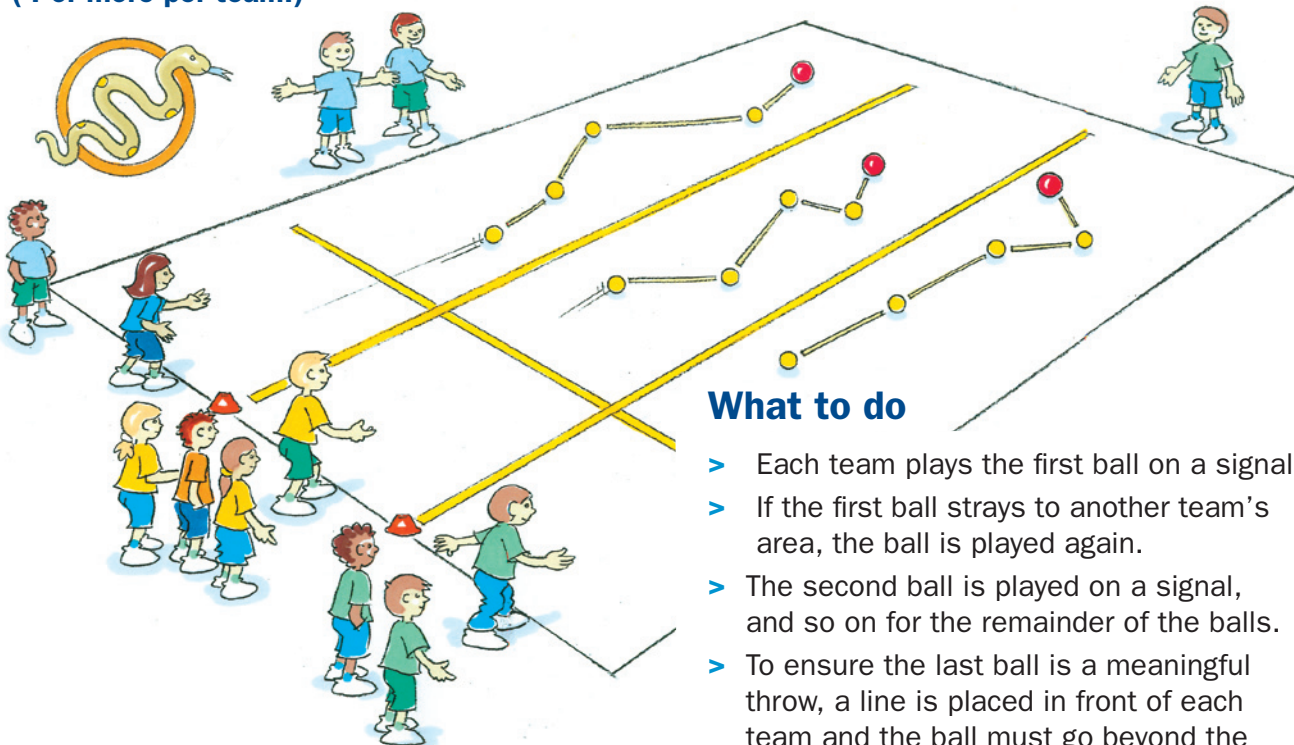
EASY MED HARD



Snakes alive

Skills > Accurate rolling · Teamwork, tactics

The first ball rolled becomes the head of the snake. Players deliver one ball at a time, aiming to place each ball behind the previous one. The aim is to form the longest snake. (4 or more per team.)



What to do

- > Each team plays the first ball on a signal.
- > If the first ball strays to another team's area, the ball is played again.
- > The second ball is played on a signal, and so on for the remainder of the balls.
- > To ensure the last ball is a meaningful throw, a line is placed in front of each team and the ball must go beyond the line for the ball to count – otherwise every team will finish with a python!
- > Alternatively, set a maximum length for the snake, e.g. 4 metres.

What you need

- > Cones to separate groups
- > One softball or medium-sized ball per team (snake head)
- > One ball per player, e.g. tennis ball (body of snake)
- > Tape or cones to mark *minimum throw line*



Scoring

- > The longest snake is the winner.
- > Measure in a straight line from head to tail.

Change it

- > **Snake head** – require a minimum distance from the start-line for the position of the 'snake's head'.
- > **Balls** – use different rolling balls.
- > **Goalball** – use a goalball (makes a noise when it rolls) and a caller to assist a player with limited vision. Make your own goalball by wrapping a volleyball in plastic and securing with tape.
- > **Provide eye-shades** for half the players to promote communication.

Safety

- > The game stops if players are required to retrieve 'lost' balls.

LESSON LINK

Snakes alive is a useful warm-up or transition activity for a variety of target-game activities.

SESSION PLANS

Combo > Start out WC 09a + Start out Tg 03 + Get into it Tg 01