



## 6 ACTIVITY CARD



## SNAKE MOUNTAIN

### OVERVIEW

To carry the ball and zig-zag around the cones

- Complete the course without dropping the ball
- If the ball is dropped, start the course again
- Place the ball on the start line for a teammate to begin their turn on the course

### EQUIPMENT

- 1 ball per group
- Marker cones
- 1 lacrosse stick (each)
- 1 stop watch

### PROGRESSION

- At the last cone on the return leg, pass the ball to the next participant
- Try to beat your own time
- Compete against other teams to complete the course

### KEY POINTS

- Hands wide apart on stick
- Explore the carry position
- Try to cradle to ball