

## 144 CIRCLE SNAPS

**Purpose:** Practise snap-shooting technique under pressure in a fun competitive environment.

### ORGANISATION

- ▶ 21 players (7 per group).
- ▶ Each group has 1 kicker in the middle of each circle.
- ▶ The circles are 15-20 metres from goal and about 8-10 metres in diameter.
- ▶ Each of the 6 outside players has a ball and feeds each ball in any order decided by the group to the kicker who snaps for goal.
- ▶ After 6 snaps a new player rotates to become the kicker.
- ▶ Scoring:
  - a. Number of goals scored from 6 snaps in 20 seconds. After 20 seconds no more shots are allowed.
  - b. After each “heat” of 7 kickers rotate the groups to new positions.
- ▶ The winner is the group with the most goals in total, or the winner of the most heats.

### COACHING POINTS

- a. Encourage good snap shooting technique whilst under pressure.
- b. Different feeds can be enforced, e.g. along the ground, normal handball, high handball.
- c. Have an “umpire” with each group.

