**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:**
- Number of goals scored from 6 snaps in 20 seconds. After 20 seconds no more shots are allowed.
- 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**
- Encourage good snap shooting technique whilst under pressure.
- Different feeds can be enforced, e.g. along the ground, normal handball, high handball.
- Have an “umpire” with each group.