



# The Combine Snake Drill

The Snake Challenge is designed as the ultimate front player time trial. However, this is a very important challenge for all players to participate in. As any game comes to a close, all players will find themselves becoming front players - so it is best to be prepared.

You will be run through a 10ft x 100ft course where you will be challenged to run, dive, crawl and snap shoot with both hands. The score will be base on an overall time from start to finish with deductions taken for missed shots or bad form.

## THE COURSE

25ft sprint dive under 2.5ft line  
20ft crawl (Right Handed)  
30ft snapshot right hand (one-shot)  
20ft crawl (Left Handed)  
30ft snapshot left hand  
30ft sprint

## Penalties:

+1.5 seconds for hitting tape line.  
+3 sec. for missing target  
+1 sec. for hips coming off the ground (1st offense)  
+2 sec. for hips coming off the ground (2nd offense)  
+1 second for shooting more than one ball at the target.