



The Snake Challenge is the ultimate front-player time trial, designed to test and develop essential skills under pressure. While it's tailored for front players, this drill is invaluable for all positions, as endgame scenarios often demand that every player takes on front-line roles. Mastering this challenge will ensure you're prepared for those crucial moments.

#### Objective

Complete a 10ft x 100ft course as quickly as possible, demonstrating agility, precision, and control while executing critical front-player movements: sprinting, diving, crawling, and snap shooting with both hands.

#### Scoring:

- Your score for this drill is time based and is on total time from start to finish.
- Deductions (added seconds of time) will apply for missed shots or incorrect form.

#### Course Layout

1. 25ft Sprint and Dive:
  - Sprint forward 25 feet and dive under a 2.5-foot-high line.
  - Maintain low body position and control.
2. 20ft Crawl (Right-Handed):
  - Crawl 20 feet using your right hand for control.
  - Stay as flat as possible with hips low to the ground.
3. 30ft Snapshot (Right-Handed):
  - Engage a target at 30 feet using your right hand.
  - Fire one shot with accuracy and speed.
4. 20ft Crawl (Left-Handed):
  - Crawl 20 feet using your left hand for control.
  - Maintain low hips and smooth movement.
5. 30ft Snapshot (Left-Handed):
  - Engage a target at 30 feet using your left hand.
  - Fire one shot with accuracy and speed.
6. 30ft Sprint to Finish:
  - Sprint the final 30 feet to complete the course.

#### Penalties

- +1.5 seconds: Touching or crossing the tape line.
- +3 seconds: Missing the target during a snapshot.
- +1 second: Hips coming off the ground (first offense).
- +2 seconds: Hips coming off the ground (second offense).
- +1 second: Shooting more than one ball at the target.

#### Key Focus Points

- Agility: Your ability to transition smoothly between sprinting, diving, and crawling is critical.
- Form: Keep hips low during crawls, and maintain balance and control during snapshots.
- Accuracy: Snapshots should be precise to minimize time penalties.

#### Tips for Success

- Practice Crawling: Build strength and control for both right-handed and left-handed crawls.
- Focus on Snapshots: Efficient and accurate one-shot snapshots are crucial to minimizing penalties.
- Pace Yourself: While speed is important, avoid rushing at the expense of accuracy or form

This drill not only hones your individual skills but also simulates high-pressure moments that can define the outcome of a match.

Perfecting the Snake Challenge will give you a competitive edge on the field!