



Snatch

Great warm up game for listening and reaction skills.

In partners facing each other place a cone/basketball on the ground in between. Coach yell's commands such as 'head', 'shoulders' and 'knees', players must quickly place both hands on body part.

When coach yell's "SNATCH" the first player to pick up the basketball wins a point.

Place basketball back on ground and repeat.

Other commands the coach can use:

- Shins
- Heels
- Ears
- Neck
- Hips
- Bottom
- Toes
- Nose

First player to win 5 points is champion.