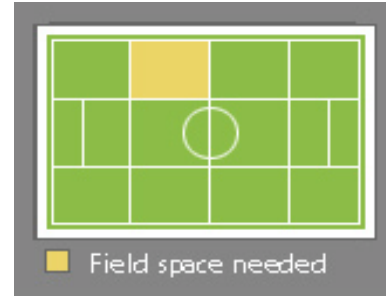




### Materials Needed



#### Balls

- Cones

## Follow the leader (Dribbling Game)

### Description:

In pairs number players one and two. One starts with the ball and has to try to lose their partner (without a ball) by twisting and turning and changing speeds. When coach shouts 'switch' number one passes the ball through number two's legs and number two's now lose number one.

### Coaching Points

- Head up whilst dribbling
- Small touches
- Close control
- Change of direction
- Change of speed
- Use skills and moves (Stepovers/maradona/drag/fakes)

### Progressions:

Start the game without a ball, just running to follow their partner.

Add a soccer ball, use the 'switch' call to switch players with the ball.

Add a 'pass' call for the partners to pass 3 times to switch the player on the ball.