

Follow The Leader

Emphasis: Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.



Set-up:

Players need to be in groups of twos. Each group will have one ball per group of two. Grid size should be approximately 20 x 20 yards.

Objective:

For players to get comfortable on the ball while changing direction and speed.

Progression:

1. The player with the ball will dribble while following the player without the ball.
2. The player dribbling will try and maintain a close distance between him and his partner.
3. The player without the ball leads by walking fast. As coach feels they are technical enough, the leader may start jogging slowly, increasing the difficulty for the playing following dribbling.
4. Allow players to switch.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Utilize the outside and inside of the foot to cut the ball
- Keep the gap close between the leader and the man with the ball
- Avoid running into each other