

Follow My Lead

Emphasis: Passing, Receiving & Dribbling



Set-up:

30 x 30 yard grid. Players are in pairs. 1 ball per pair. Players are positioned one behind the other approximately 4-5 yards apart.

Objective:

The player in the rear must dribble the ball and follow the lead player. On coaches command "Pass" the lead player must stop immediately. The player with the ball must try to complete a successful pass to the lead player. After receiving the ball the roles are reversed for the next sequence.

Coaching Points:

- Use the inside of the foot for greater accuracy.
- Quick changes of direction and speed are essential to keep up with partner.
- Lock the ankle, non-kicking foot next to ball.