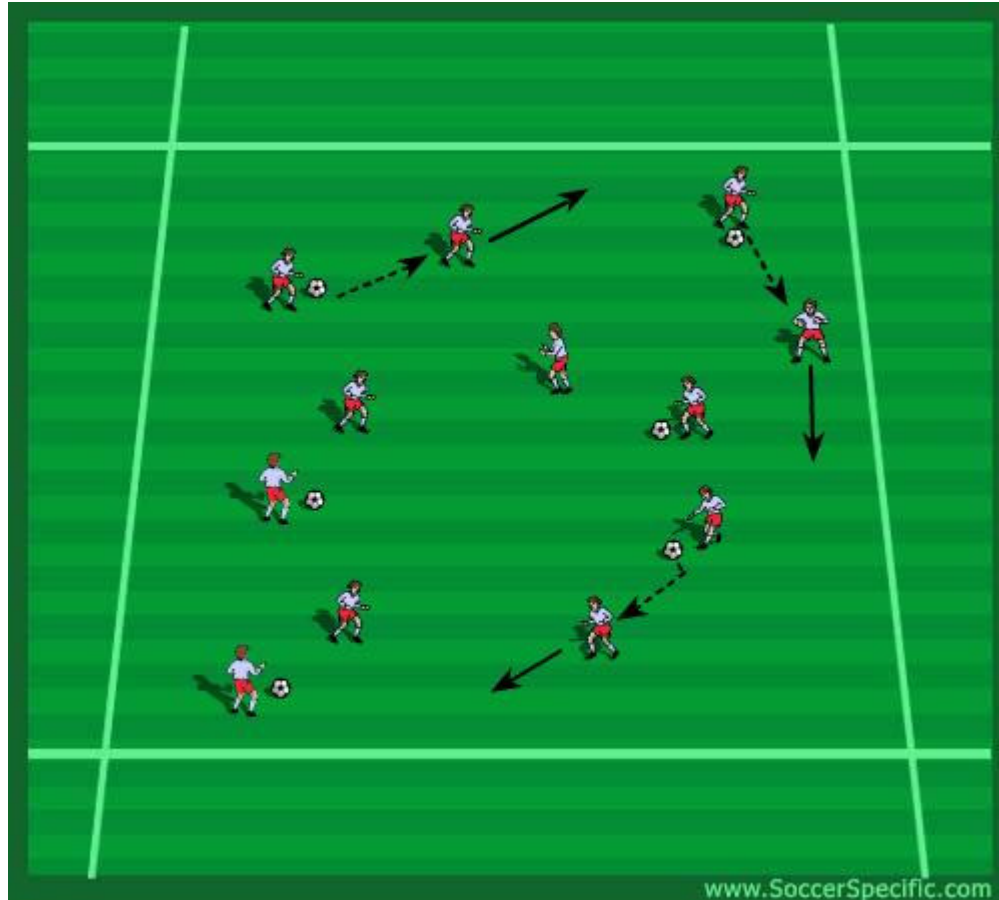


## Shadow Him

**Emphasis:** Dribbling



**Set-up:**

20 x 20 yard grid. 12-18 players. Players are in pairs with one ball.

**Objective:**

Player 1 and 2 start approximately 2 yards apart, one behind the other. The player in the rear has the ball. Player in front must run around grid to try to lose his “shadow.” Player with the ball is forced to dribble with close control and speed in order to keep up with his lead man. When coach shouts “switch” player with ball tries to pass ball through his partner’s legs. At this point the roles are reversed.

**Coaching Points:**

- Don’t kick ball, push it out in front of you.
- Keep head up to detect movements of partner
- Use all surfaces of the feet while dribbling and turning.