

Shadow Me

Emphasis: Dribbling under passive pressure.



Set-up:

30 x 30 yard grid. 12-18 players with a ball each. Two sets of colored bibs. Players arranged in pairs.

Objective:

Player (A) must try to dribble at speed around the grid to try to lose his shadow (B). Player (B) must dribble at speed to stay close to (A). Alternate roles after approximately 45 seconds. Switch partners after each round.

Progressions:

If player (B) tags player (A), player (A) then becomes the shadow.

Coaching Points:

- Encourage dribbling with the eyes up to scan the field.
- Use as many surfaces of the foot as possible to dribble.