

Stay Close

Emphasis: Use of feints, moves and pursuit.



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). Coach calls out “Hold”, all players must stop immediately where they are. The objective is for (B) to be close enough to reach out and hold (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 immediately.

Coaching Points:

- Encourage dribbling with the eyes up to scan the field.

- Use as many surfaces of the foot as possible to dribble.