



Follow the Leader

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Description

Follow the Leader (10 mins)

Players will pair up and dribble around the field.
The Red player will start as the leader. The Blue player will follow.
For 20-30 secs. Players will dribble around and performing moves and dribbling at speed. Follower must copy what the leader does.
When time is up the coach will yell "Freeze" and players must stop in place. The leader must open their legs to make a goal. The follower gets a shot to score and earn a point. If the follower scores they get a point. If they don't then the leader gets a point.
Depending on how well the follower or leader does will depend on how far the shot will be.
Switch Follower and Leader each round.

Coaching Points

- RWB
- Dribble with Outside of foot
- CoD
- Head up, looking for open space to run into.
- Speed

