



Follow the leader

Objective

Players are divided into pairs and enter a 20x20 grid

Players are numbered one and two. Player number one starts as the leader and dribbles the ball anywhere in the grid. Player number two must follow player number one and copy all the moves skills that are shown.

Play for one minute and then change roles. After a couple of runs, change with a different partner in the grid.

Coaching Points

Keep the ball close

Ask players to use both feet and all parts of the foot

Encourage players to use lots of different moves