



# Follow the Leader

**Level: Warm Up with Ball**

**Objective: Dribbling, ball familiarity and close ball control.**

## Organisation

Set out a 40 x 40 yards playing area.

All players have a ball each and are organized in single file behind the coach.

The object of the game is to follow the coach around the area, repeating his/her movements, such as using different parts of the feet, and making turns.

## Progression:

Give the players a range of moves, turns or skills to follow

## Coaching Points:

- 1: Let the game be the teacher
- 2: Encourage the players to keep the ball close to them and change directions quickly
- 3: Keep head up as often as possible
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice

