

## Follow The Leader

**Emphasis:** Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.



### Set-up:

Players need to be in groups of twos. Each group will have one ball per group of two. Grid size should be approximately 20 x 20 yards.

### Objective:

For players to get comfortable on the ball while changing direction and speed.

### Progression:

1. The player with the ball will dribble while following the player without the ball.
2. The player dribbling will try and maintain a close distance between him and his partner.
3. The player without the ball leads by walking fast. As coach feels they are technical enough, the leader may start jogging slowly, increasing the difficulty for the playing following dribbling.
4. Allow players to switch.

### Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Utilize the outside and inside of the foot to cut the ball
- Keep the gap close between the leader and the man with the ball
- Avoid running into each other

## Shin Tag

**Emphasis:** Changing direction and changing speeds while maintaining control of the ball.



### Objective:

Fun! For players to develop a comfort level on the ball while moving and changing directions.

### Progression:

1. Every time a player tags another player on the shin they will receive a point. Every time a player gets tagged they subtract a point.
2. Players need to develop an eye for getting in and landing a tag, while at the same time they must explode away from that area so they won't be tagged.
3. As play continues, change the area that one is tagging to increase the difficulty (Example- Ankle)

### Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance
- Change speeds quickly
- Develop a vision for what's around you

## Double Headed Snake

**Emphasis:** Changing direction, changing speeds, passing and ball control. Players that have a partner will work on communication and agility.



### Set-up:

Appoint several players to be it. These players will each have a ball.

All other players interlock elbows moving as a pair.

Grid size should be approximately 20 x 20 yards.

### Objective:

For players to get comfortable on the ball while changing direction and speed. Players will increase their passing efficiency.

### Progression:

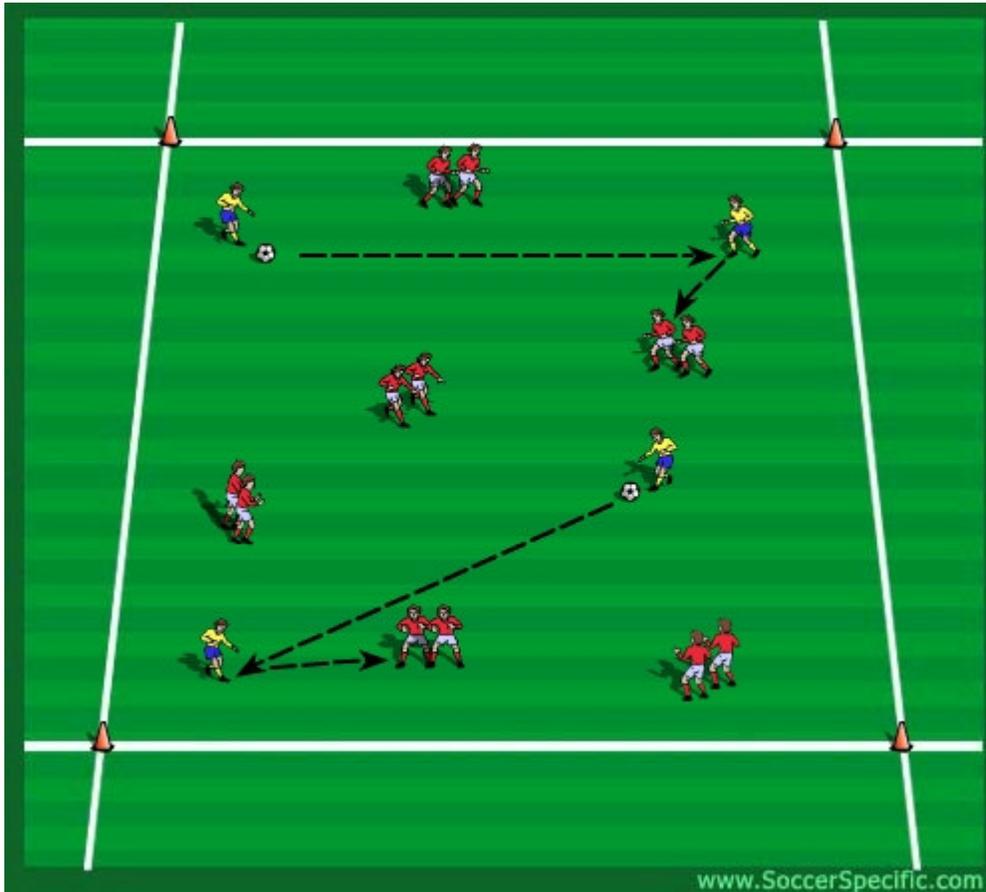
1. Players with ball will dribble around the grid trying to get close to the double headed snake.
2. Players will pass the ball from varying distances within the grid and try and hit the double headed snakes below the knees.
3. Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game.
4. Switch players so everyone has a chance to be the snake catcher.

### Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Contact on the ball
- Follow thru toward target
- Utilize the outside of the foot to cut the ball

## Double Headed Snake - Eliminator

**Emphasis:** Changing direction, changing speeds, passing and ball control. Players that have a partner will work on communication and agility.



### Set-up:

Appoint two groups of two players to be it. These players will have one ball between each group. All other players interlock elbows moving as a pair, without balls. Grid size should be approximately 20 x 20 yards.

### Objective:

For players to get comfortable on the ball while changing direction and speed. Players will increase their passing efficiency and communication skills.

### Progression:

1. Each group will dribble around the grid trying to get close to the double headed snakes.
2. Players will pass the ball from varying distances within the grid and try and hit the double headed snake below the knees.
3. The snake catchers must hit the double headed snake off of a one time pass.
4. Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game.
5. Switch players so everyone has a chance to be the snake catcher.

### Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Contact on the ball
- Follow thru toward target
- Utilize the outside and inside of the foot to cut the ball