

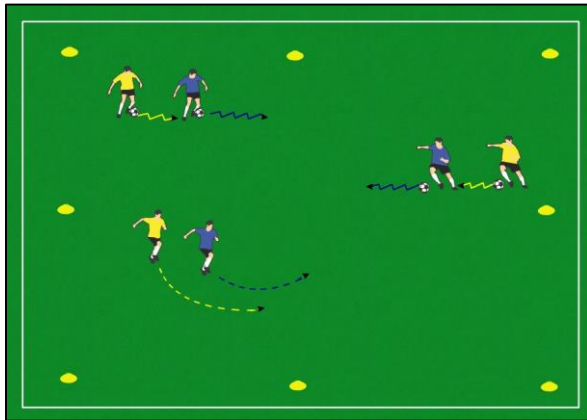


Core skill: 1v1

Difficulty level ★☆☆

FOLLOW THE LEADER

Beginning activity



Players get into pairs; one is designated as 'leader' and the other as 'follower'.

The 'leader' moves around the field, changing speed and direction frequently, adding variations.

The 'follower' then copies everything the 'leader' does.

Change roles regularly and add variations that include running with the ball.

Set Up: In an area approximately 20m x 15m.

There are two different colour bibs and a ball for every player.