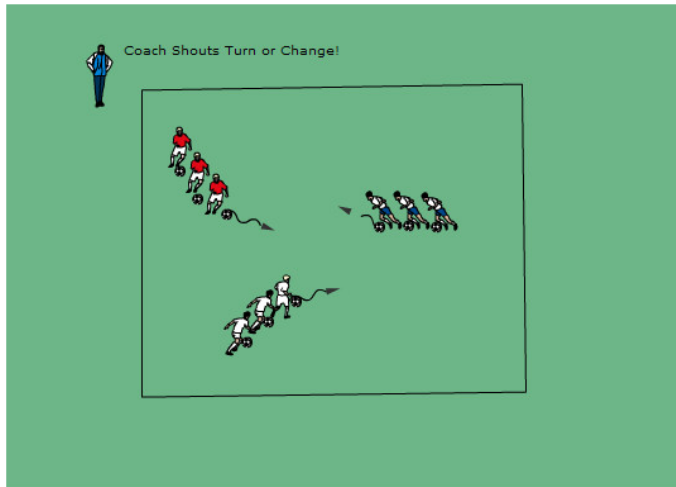


Follow the Leader:



The Game: Players should be grouped in 3's, all players with a ball. One player is the leader. The other two players follow with balls and try to mirror the moves of the leader. When the coach yells “**Turn**”, all players switch direction and the person in the back is now the leader. After the players have followed this rule the coach can now add “**Change**”. When the coach says change, all players step on their ball. The person in the middle now moves forward and

takes the first ball, the 3rd player now takes the middle ball, and the former leader now runs back and takes the 3rd ball. Coach should now vary what he calls out; this will force the players to be attentive.

Focus:

- Establishing a better command of the ball
- Developing Creativity
- Quick Reaction Time

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

1v1 to 3 Goals Reaction Exercise
Jeff Tipping Fast Break Attack

Match Related Game/Exercise to Goal:

Basic Overlap Circuit to Goal
3v2 with Recovery Player

United