



## SHADOW DRIBBLING

### Emphasis:

This game will allow the player to practice dribbling moves and reacting to the moves of other players.

### Setup:

Create a small grid approximately 20X20 yard grid. Instruct players to get into pairs, each player with a ball.

### Instructions:

The lead dribbler dribbles around inside the grid while the following dribbler attempts to mimic the lead dribbler's every move and keeping a good close distance. Change leaders after a minute.

### Progression:

- Lead player does not have a ball.
- Use the weaker foot

### Coaching Points:

- Head up to observe the other player
- Close control of the ball
- Control body movements
- Use all parts of their feet while dribbling (inside, outside, top, bottom).
- Change of direction, but not too quickly as the following player has to react to the movement
- Change of pace
- Find space to dribble into
- Dribble with speed
- Encourage players to be creative