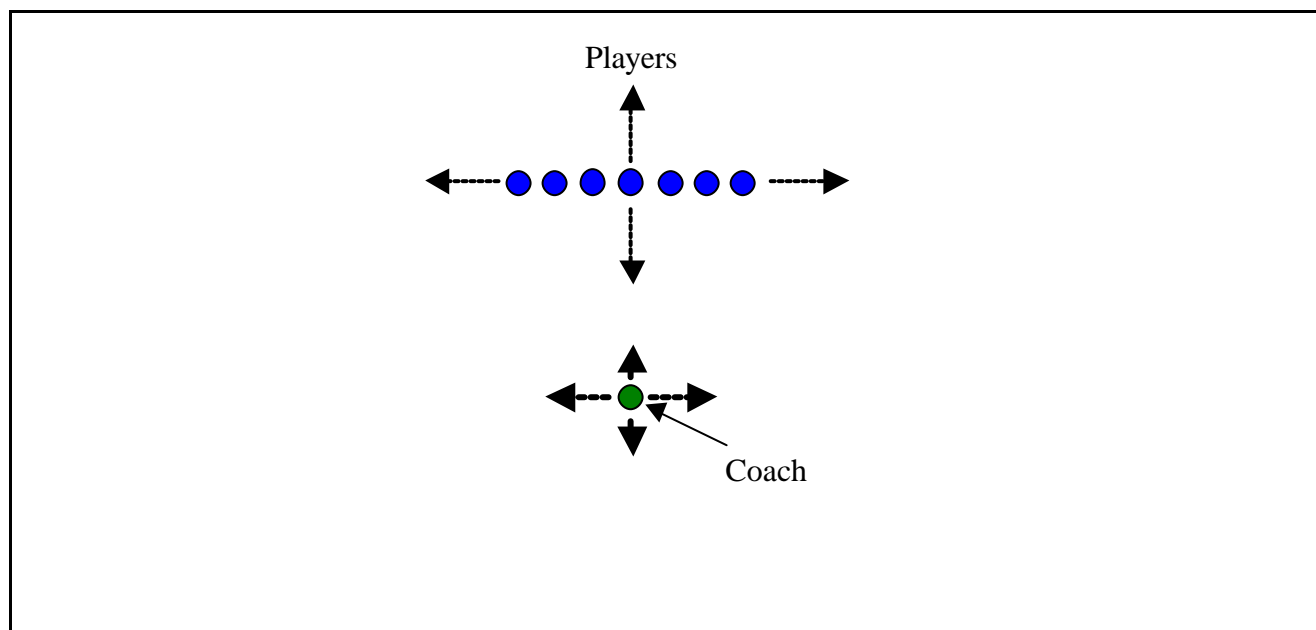


Drill Name		Follow The Leader						
Objectives		Practice alignment and holding position.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
16	Grid	10 x 10	None	7	5			



Description

1. Players form a line (start with them holding hands if they don't know what a line is!)
2. The coach stands facing players as shown. Coach calls "go left" and takes a side step to the right.
3. Players follow and take a step to their left – TOGETHER!
4. Coach takes side step to left and calls "go right". Players follow and go to their right.
5. Repeat with "back" and "forward". Mix calls randomly so that the players can follow the coach and get used to moving, but keeping their relative positions.

Progression

1. Coach does not call direction, just moves (kids call out instead?)
2. Spread players to create larger gaps.
3. Introduce diagonal moves.
4. Make large moves.
5. Increase speed of moves.
6. Turn into "Simon says" game "coach says" – 5 press-ups if out of step!

Set-Up

1. Organise players into groups of 5 – 7 players.

Key Factors

1. Heads up – watch coach and other players.
2. Sideways step, light on feet, good balance.
3. Arms out ready to tackle.
4. Teamwork.

