

Shadow Play

Set out a 20 x 20 square and group players in pairs.

- Number them 1 and 2 and give 1's a jersey.
- 1's are the person and 2's are the shadow.
- 1's must try and lose number 2's.
- When coach shout "STOP" players must freeze. If the shadow can touch the person then they get one point.

Coaching Points

- Keep head up to see other players and boundary lines.
- Use both speed and fakes.
- Encourage shadow players to think about how they follow the person

Progressions

- Give one player, then both players balls.