



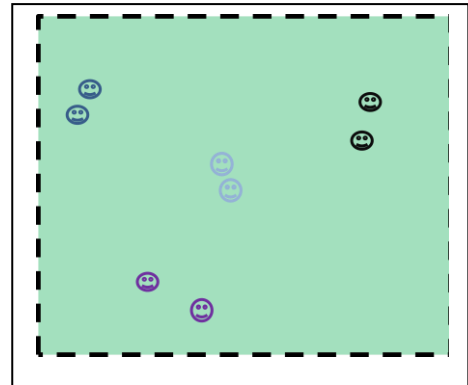
## Follow the Leader

### Objectives:

- Develop Dribbling skills
- Improve basketball awareness

### Setup:

- Mark out an area roughly 20x20m
- All players in pairs
- One ball per pair, one stick each



### How to play:

- On 'Go', the leaders can take off in any direction they like, dribbling the ball using as many tricks, turns, changes of pace and/or direction, fakes and skills that they can to lose their follower
- After 25-30 seconds, the coach yells 'Stop!'
- All players must freeze as quickly as possible.
- Points are awarded to the leader if the follower cannot touch their leader.
- Points are awarded to the follower if they can touch their leader.
- After 4-5 turns with one leader, swap positions so the leader is now the follower and play again. The person with the most points is the winner!!!!

### Rules:

- All players must remain inside the defined area.
- The follower must stay as close to the leader's path as possible and complete all skills, tricks, fakes and turns as best as they can.

### Key coaching points/Questions:

- What can leaders do to help them lose their leaders?
  - Turns, tricks, change pace and direction, fakes or skills.
- Where do we need to be looking to make sure we don't go out of the area or bump into others?
  - We need to have our heads up, looking for space and other players.
- Where can the followers look to try not to be tricked or beaten easily by the leaders?