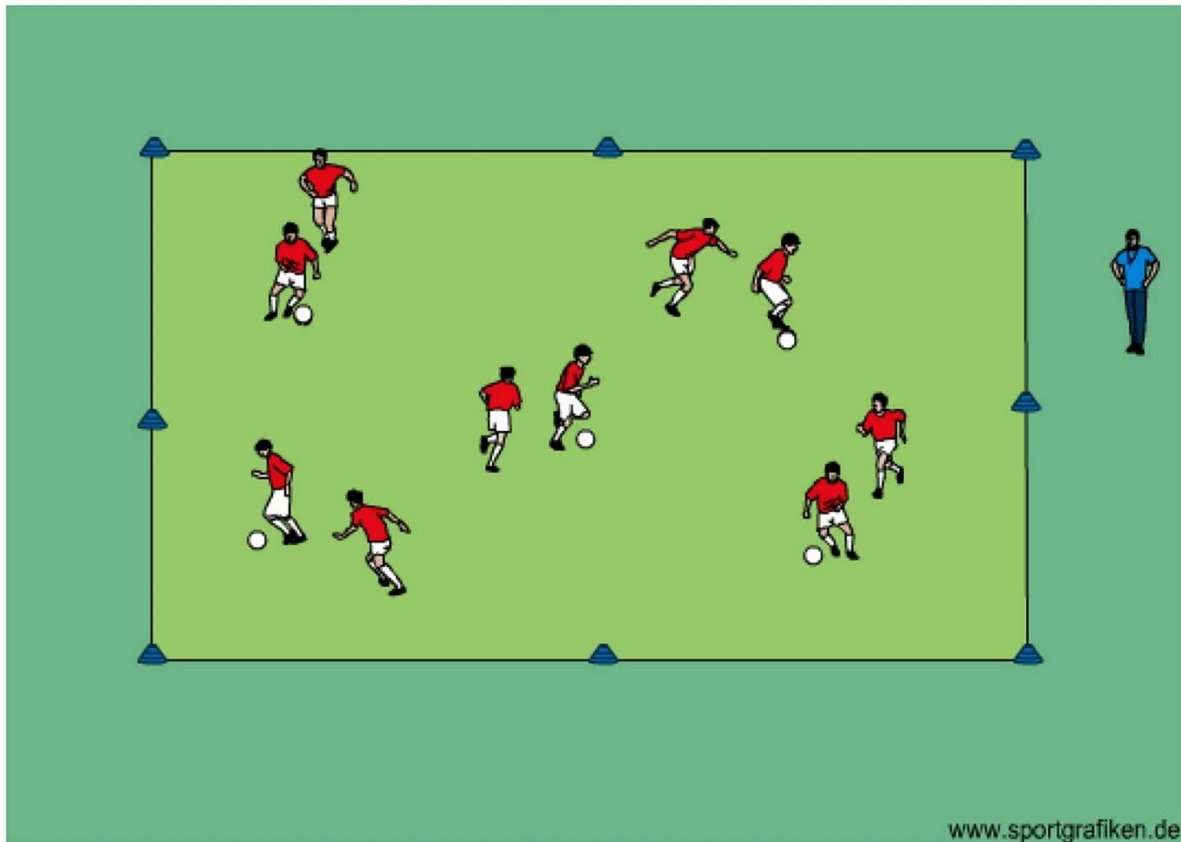


## Soccer Lose Your Shadow Training Drill



### Lose Your Shadow

### Print/Download This Drill

#### Basic Information

Age Group: 5-13 years of age

Number of Players: 8+

Difficulty: Easy

Time: 5-10 min.

Emphasis: [Dribbling](#)

#### Field Preparation:

- in pairs
- each pair with a ball
- grid (20yds x 30yds)
- cones to mark off area

#### Description:

- each pair determines a leader and a shadow
- the leader dribbles a ball and shadow follows him without a ball
- the leader attempts to lose his shadow
- on coach's command "Stop" all players must stop their ball where they are
- the shadow must be close enough to reach out and touch his partner with his hand
- if the shadow is successful, he/she is awarded a point, if not, the leader gets the point
- switch roles after 2 minutes – leader becomes the shadow and vice versa

**Variation:**

- start activity without balls as a warm up
- both players with a ball
- same rules as above, shadow becomes a mirror (player must try to stay in front of the leader at all times)
- adjust spacing depending on the age and ability of the group if necessary

**Coaching Points:**

- agility and balance
- contact surface of foot
- change of direction and speed
- deception
- set up defender
- protect the ball
- vision