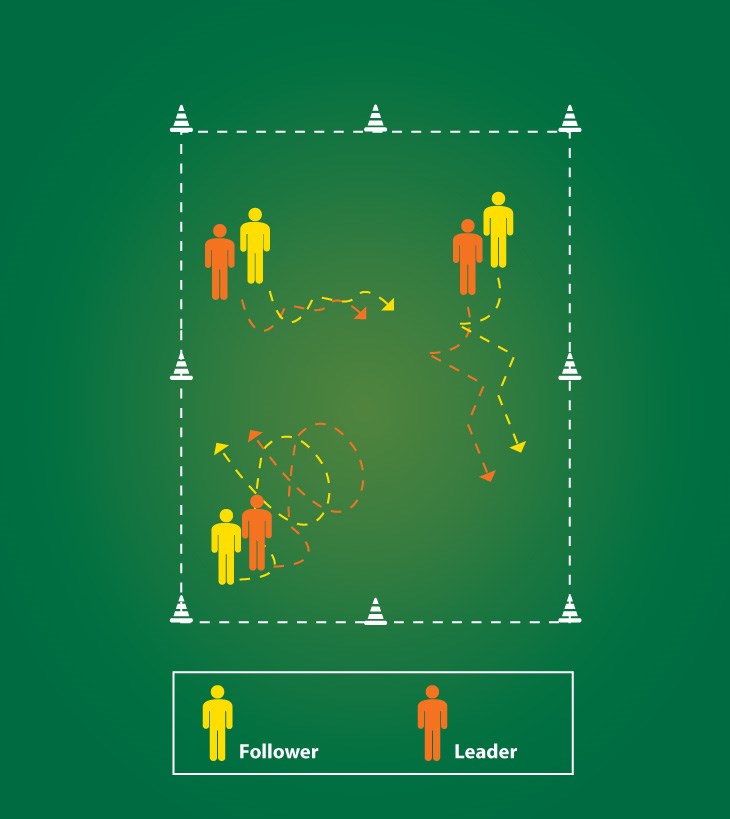
## Beginning: Me and My Shadow



Players get into pairs; one is designated as ‘leader’ and the other as ‘follower’.

The ‘leader’ moves around the field, changing speed and direction frequently, and perhaps adding a variation here and there, such as a jump or a ground touch.

The ‘follower’ then copies everything the ‘leader’ does.

Change roles regularly and also change partners regularly.

### Progression

The leader (only) has a ball

The leader and the follower both have balls

The follower has a ball (this is a difficult progression so instruct ‘leader’ to jog at medium speed around the area, with occasional random changes of direction)