**Grassroots Session # 11**

**Age Group- U5-U8**

**10min**



**Me and my Shadow**

**15min**

* Players get into pairs, one as a leader the other as a follower.
* The leader is to change direction, touch ground with hands or jump and the follower must copy every move.
* Change the follower to leader and leader to follower
* Change partners

**Progression 1**

* **Follower has a ball and must follower the leader around the field.**
* **Change roles.**

**Progression 2**

* **Both follower and leader have balls.**



**Small Sided Games**

**10min**



**Fun Running with Ball Game**

**15min**



**Small Sided Games**

**10min**

