

# **FOLLOW THE LEADER WARM UP**

Each player lines up with a ball in a single file behind the coach, who also has a ball. The coach leads the team around the field while doing several soccer-related things with the ball (*i.e.*, dribbling, kicking, throw-ins, *etc.*) or funny things (*i.e.*, run while holding the ball on top of your head, touch your elbow to the ball, sit on your ball, *etc.*). At any time the coach can quickly turn around and, if he finds any player who is not following the action, then the coach gets one point; if all of the players are following the direction, then the team gets a point. At the end of the activity if the coach has more points than the team, then the whole team must do an exercise, silly song, or whatever the coach requests. If the team accumulates more points than the coach, they get to think of something silly or an exercise for the coach to do. This is another good time to demonstrate and implement some of the finer “super skills” if the group is ready for them.

## **Variation**

Play *follow the leader* with different commands, and the last player to follow the command must go to the end of the line. You may allow the player in the front of the line to take three turns calling out commands before going to the end of the line and trying to work his/her way back to the front.