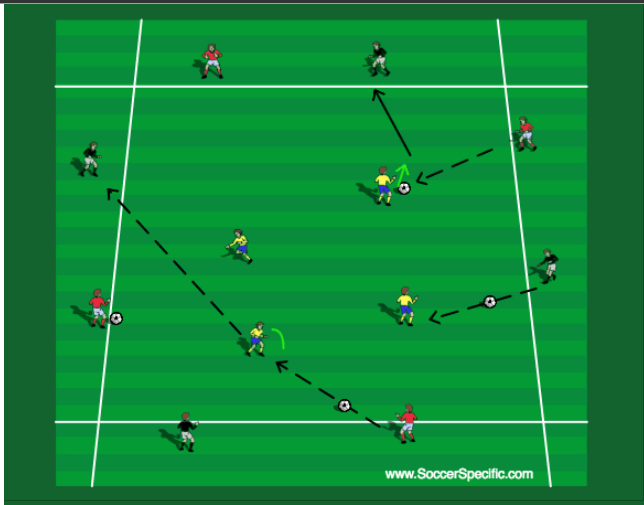




DEVELOPING THE FIRST TOUCH

Date: **Aug 29, 2016** | Team: **SoccerSpecific** | Duration: **1 Hour**



Setup: Players with different colour bibs are positioned in the playing area as follows (12-16 Players):

Red players on the perimeter with a ball each

Black players on the perimeter without a ball

Yellow players inside the grid without a ball

Instructions: DEVELOPING THE FIRST TOUCH:

The Yellow team moves freely within the grid calling for the ball, receiving passes, moving / preparing the ball with their first touch before passing it with their second touch to a player on the perimeter who does not have a ball.

Play is continuous - Change roles after 45sec - 1:30 min

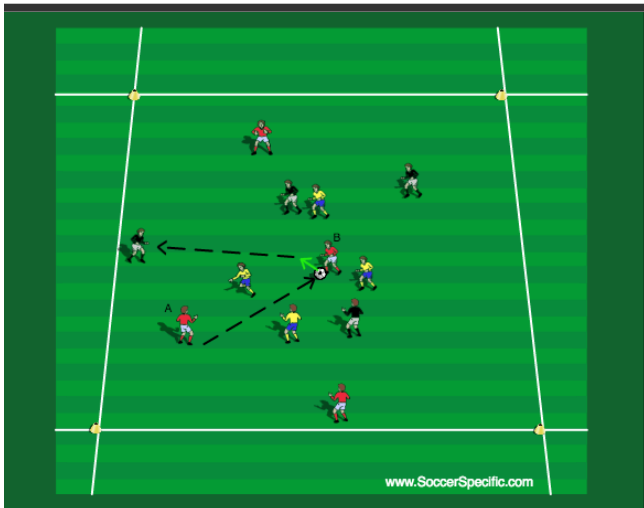
Coaching Option / Progressions:

Only use left/right foot; Only use inside/outside foot; After passing the perimeter players follow their pass to apply pressure to the receiver on their 1st touch.

Coaching Points: Must emphasise - anticipation, communication (verbal / non-verbal) and awareness. Players should have an idea beforehand to whom they are going to play the ball - scan the playing area. The 1st touch should prepare the ball for the pass - no need to 'stop' the ball - prepare it in the direction you want to go next.

1

⌚ 45-1:30 ↗ 25x25



Setup: Players with different colour bibs are positioned in the playing area (12-16 Players):

Instructions: POSSESSION: DEVELOPING THE FIRST TOUCH:

One team is designated as the 'Defensive' team for the designated time. In the diagram Yellow is the defensive team; the Red + Black team must maintain possession (8v4) and avoid interceptions by the Yellow opponent.

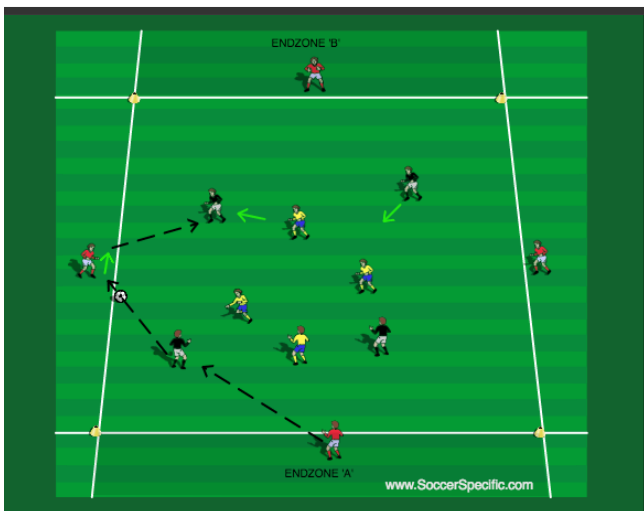
*2-touch mandatory to force players to utilise a positive 1st touch. In the diagram Player (B) has received a pass from (A); (B) has pressure from a Yellow opponent therefore must take a 1st touch into space to avoid the pressure.

Target for Yellow - 'how long does it take to make 5 interceptions?' Change roles after designated time.

Coaching Points: Must emphasise - anticipation, communication (verbal / non-verbal) and awareness. Players should understand options beforehand to whom they are going to play the ball - scan the playing area. Encourage 2-touch play; the 1st touch to receive the ball and the 2nd touch to pass it. The 1st touch should prepare the ball for the pass - no need to 'stop' the ball - prepare it in the direction you want to go next.

2

⌚ 2min ↗ 20x30



Setup: A 4v4 + 4 Perimeter players is organised as shown; this creates an 8v4 for the team in possession.

Instructions: POSSESSION: DEVELOPING THE FIRST TOUCH:

Mandatory 2 touches for all players including the 'Perimeter Players'. Players must keep ball moving at all times - not allowed to stop the ball with the 1st touch; Emphasis is on players receiving into space / away from pressure and opponent with the 1st touch. Goals are awarded for successfully working the ball from perimeter player in EndZone 'A' to player in EndZone 'B'. Play is continuous.

Coaching Points: Must emphasise - anticipation, communication (verbal / non-verbal) and awareness. Players should know in advance to whom they are going to play the ball - scan the playing area.

Encourage 2-touch play; the 1st touch to receive the ball and the 2nd touch to pass it. The 1st touch should prepare the ball for the pass - no need to 'stop' the ball - prepare it in the direction you want to go next.

3

⌚ 2min ↗ 20x30



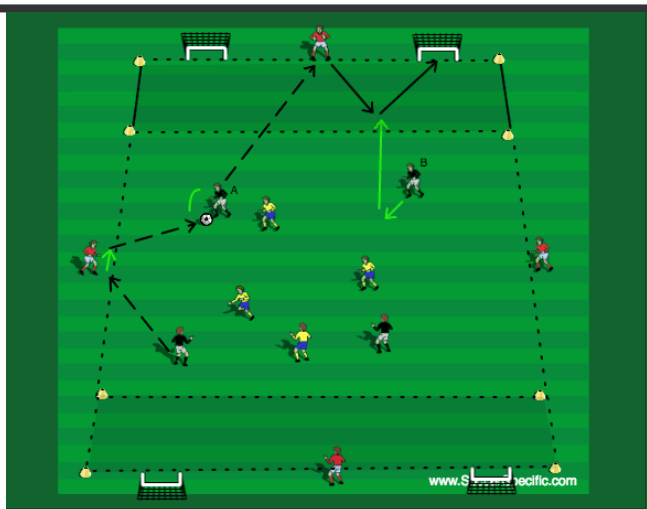


DEVELOPING THE FIRST TOUCH

Date: **Aug 29, 2016**

Team: **SoccerSpecific**

Duration: **1 Hour**



Setup: A 4v4 + 4 Perimeter players is organised as shown; this creates an 8v4 for the team in possession. End-zones with mini-goals are created at each end.

Instructions: SMALL-SIDED GAME - DEVELOPING THE FIRST TOUCH:

Mandatory 2 touches for all players including the 'Perimeter Players'. One-touch play is permitted to score in the EndZone is receiving a pass from the Perimeter player between the mini-goals. Players must keep ball moving at all times - not allowed to stop the ball with the 1st touch; Emphasis is on players receiving into space / away from pressure and opponent with the 1st touch. In the Diagram, Player (A) has received under pressure from an opponent; he has received with his first touch into space and passed to the Perimeter player; Player (B) has now spun to support and receive a one-touch pass from the Perimeter player in the EndZone.

Play is continuous.

Coaching Points: *ALL Previous Coaching Points implemented.

Must emphasise - anticipation, communication (verbal / non-verbal) and awareness. Players should know beforehand to whom they are going to play the ball - scan the playing area.

4

⌚ 2min ↗ 20x30

