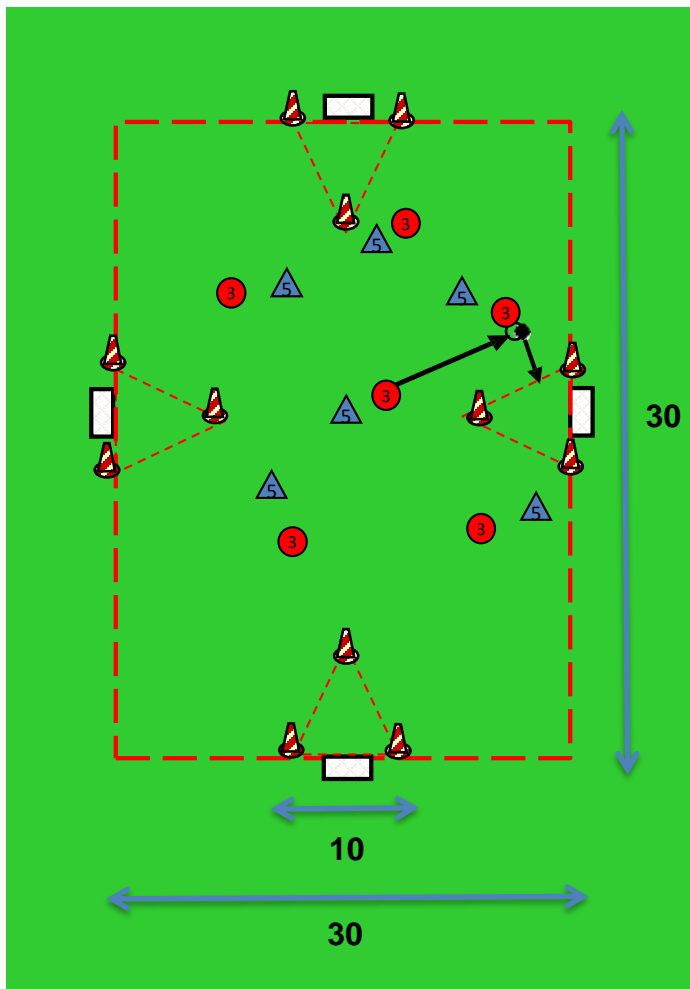


Core Skill: FIRST TOUCH – SKILL GAME

Session Objective: *Improve my players ability to take the first touch into space*

Organisation Diagram



Organisation

- Two equal teams
- Add jokers if required
- 2 touch minimum
- Team must pass ball to a teammate receiving in one of the four triangles before shooting into the small goal.
- Defenders cannot enter inside the four triangles unless a player with the ball enters first.
- Players cannot dribble ball into triangle, must receive by taking their first touch into the triangle.
- Team who scores maintains possession of the ball and attempts to attack another goal.
- Restart with a pass in from sideline.

Progressions

- Must have 2 touch
- 5 passes = 1 goal
- Smaller area

Core Skill: FIRST TOUCH – SKILL TRAINING

Session Objective: *Improve my players ability to take the first touch into space*

Organisation Diagram



Organisation

- Two equal teams
- Add jokers if required
- 2 touch minimum
- Team must pass ball to a teammate receiving in one of the four triangles.
- Defenders cannot enter inside the four triangles at anytime.
- Receiving players cannot stay standing in a triangle waiting for a pass.
- Players cannot dribble ball into triangle, must receive by taking their first touch out of the triangle.
- Team who scores maintains possession of the ball and attempts to get the ball to another teammate in a triangle.
- Restart with a pass in from sideline.

Progressions

- Must have 2 touch
- 5 passes = 1 goal
- Smaller area

Exercise Task

Can you get the ball to a teammate in a triangle without risking possession

Player Actions

When your team has possession, can you support your teammate with the ball

When your team has possession, can you position yourself to receive in a square

When you receive the ball in the square, can you see space to take your touch away from the opponent

Cues

As the ball is travelling to a team mate, can get into a passing lane left, right, middle

As the ball is travelling to a team mate, try to position yourself in the square facing forward

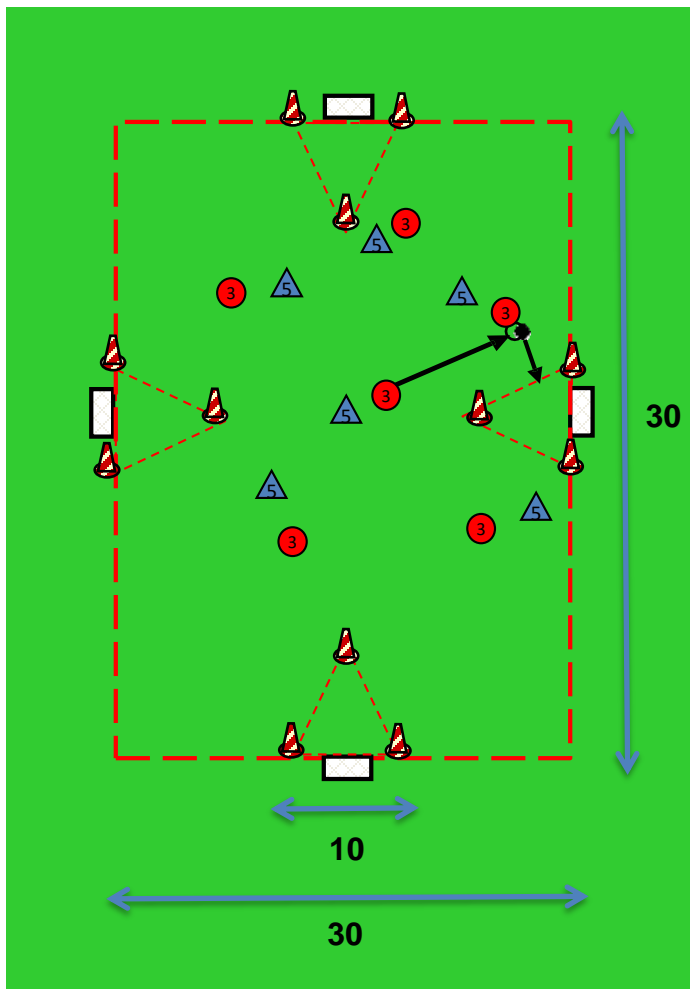
As the ball is travelling to you, can you get your eyes up to see opponents and team mates

As you receive the ball can you put your first touch into space away from the defender

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