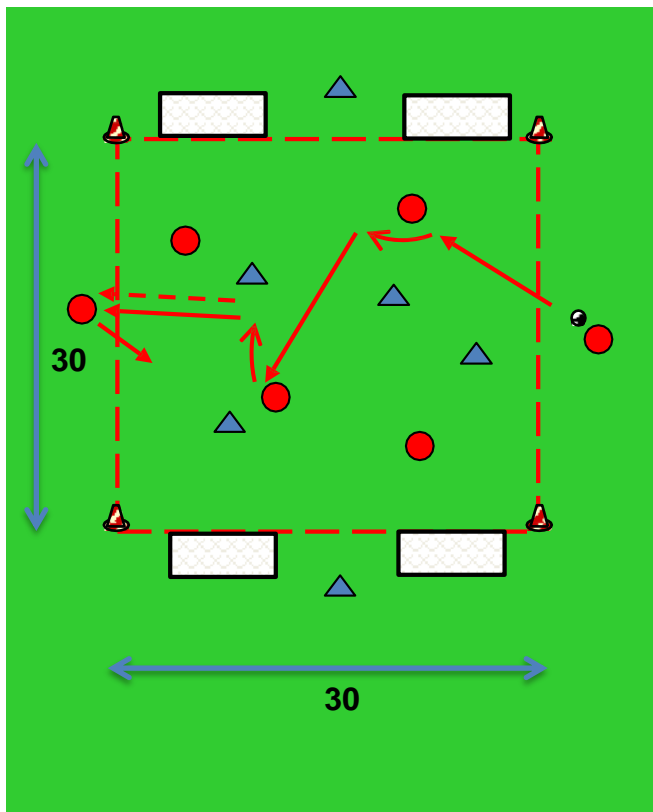


Core Skill: FIRST TOUCH – SKILL GAME

Session objective: *Improve players ability to take first touch on the move away from an opponent*

Organisation Diagram



Organisation

- Two equal teams set up with 2 wall players each
- Add jokers if required
- Add two small goals at either end of the area.
- 30x30m grid
- The 'support' players of both teams are positioned opposite of each other (see diagram). Minimum 2 touches for all players, including the 'support' players (this simple restraint sees to it that each 1st touch must be good!)
- If someone passes to a support player, both players swap positions.
- Reds earn 1 point for every successful interchange between passer- support player. No point if support player does not maintain possession when entering area.
- Blues earn 1 point for every successful score in one of the two goals at either end of the area after passing to the support player.
- Swap teams – Reds score in goals, Blues interchange passes

Step up

- Smaller area
- 2 touches max
- Must score using the 3rd man in

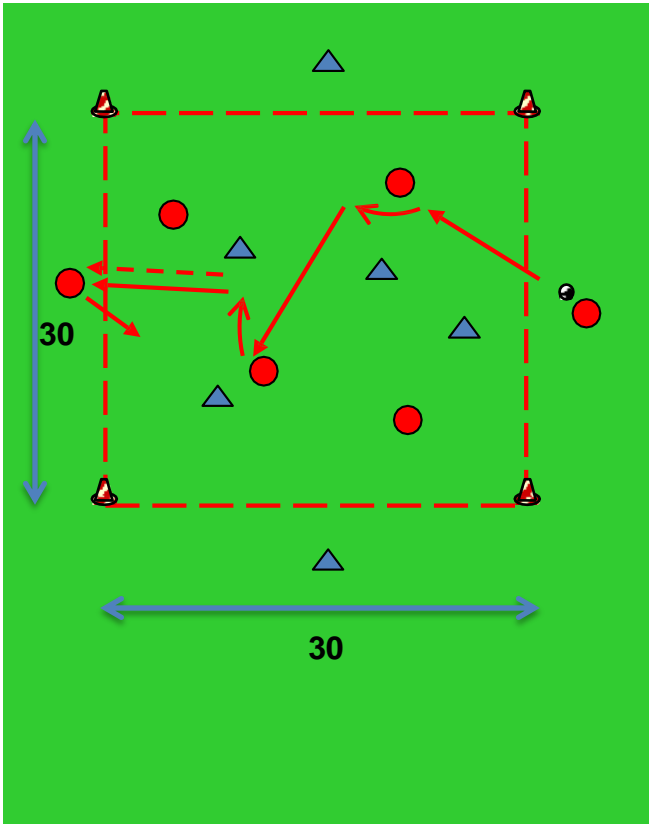
Step down

- Larger area
- 2 touch finish
- Add joker
- No tackling of support players until after first touch into the area

Core Skill: FIRST TOUCH – SKILL TRAINING

Session objective: *Improve players ability to take first touch on the move away from an opponent*

Organisation Diagram



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Step up

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- 2 touches max

Step down

- Larger area
- Add joker
- No tackling of support players until after first touch into the area

Exercise Task

Can you get the ball to the support player without risking possession

Player Actions

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

When your team has possession, can you position yourself side on to play forward

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

Cues

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

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

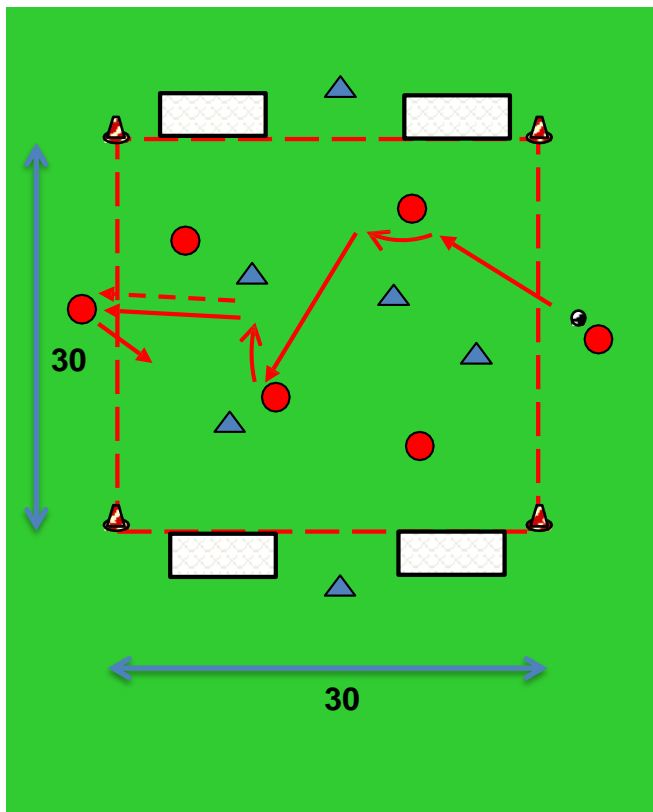
As the ball is travelling to you, can you get your eyes up to see opponents and team mates

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

Core Skill: FIRST TOUCH – SKILL GAME

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