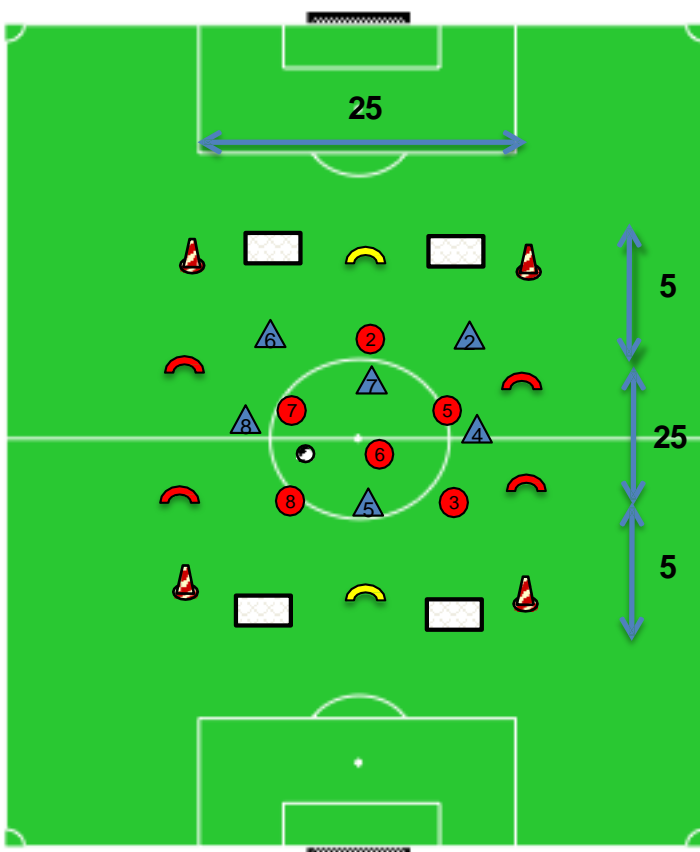


Core Skill: FIRST TOUCH – SKILL GAME

Session objective: *Improve players ability to receive to play a forward pass*

Organisation Diagram



Organisation

- Directional game – score in either of 2 goals
- Two equal teams
- Add jokers if required
- Minimum 2 touch
- Kick in from player in end zone to restart.
- Must receive pass inside end zone to score.
- Defender can enter end zone to prevent score only. Cannot drop off into zone.

Step Up

- 2 touch max
- 2 points for killer pass from within own half
Smaller area

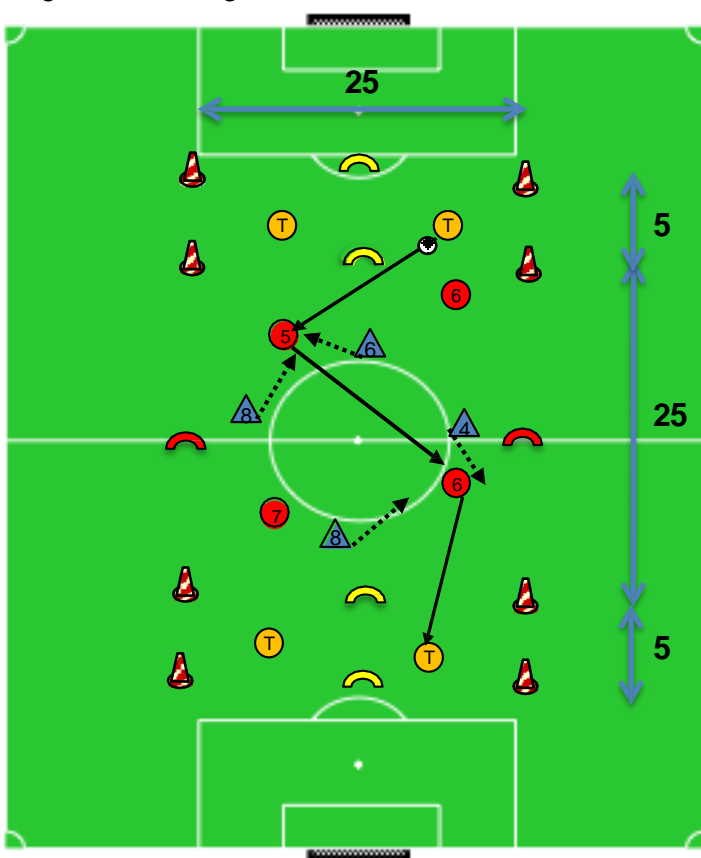
Step Down

- 2 touch min
- Larger area

Core Skill: FIRST TOUCH – SKILL TRAINING

Session objective: *Improve players ability to receive to play a forward pass*

Organisation Diagram



Organisation

- Two equal teams with 4 target players
- Add jokers if required
- Minimum 2 touch
- Pass in from side to restart.
- No pressure in end zone from opponents.
- Once passed into target player in end zone must pass into target player in end zone at opposite end to score 1 point.
- Can pass to target player at same end zone for support option but does count as 1 point.
- Target players can pass to each other in the end zone. Limit maximum 2 passes before passing back into the middle zone.
- Swap target players after 5 – 8 minutes

Step Up

- 2 touch max
- Smaller area

Step Down

- 2 touch min
- Larger area

Exercise Task

Can you get the ball to a target player in the end zone.

Player actions

Position your body side on to receive the ball as the ball is travelling to you so you can play forward pass.

Pass to your teammates back foot to allow a forward pass into the endzone.

If the ball is played to your inside foot, bounce the ball back to your teammate to play a forward pass.

If the ball is played to your outside foot, play a forward pass.

If you cannot play a forward pass, keep possession of the ball.

Cues

As ball is travelling to a teammate, can you position yourself side on in passing lane left, right, middle.

As you move into passing lane, can you get a scan in to see teammates, opponents and the ball.

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

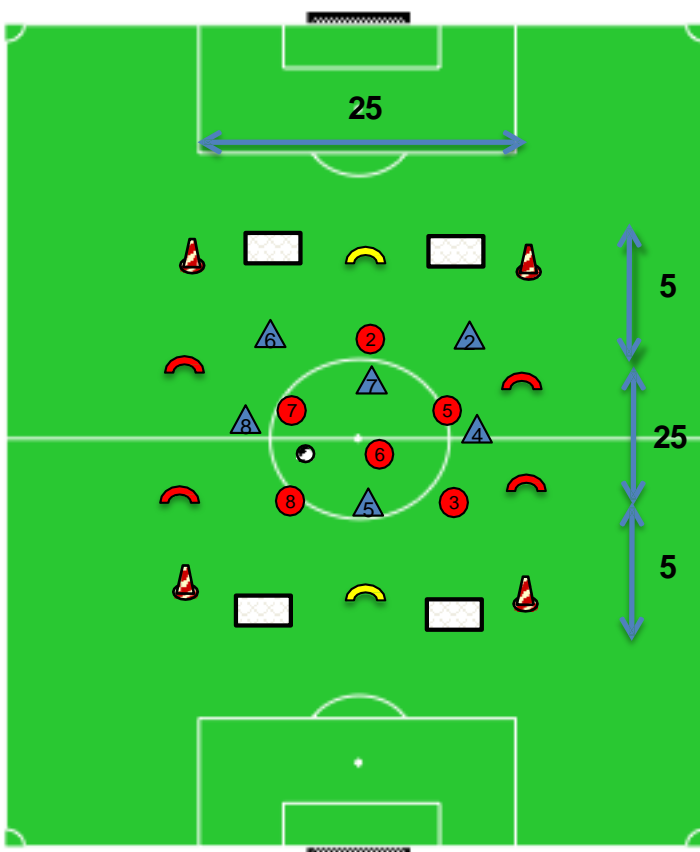
If you see a passing lane to a teammate, can you take your first touch forward and play a killer pass.

If passing lanes are blocked, can you play a bounce pass to a 'marked' team mate to open the passing lane.

Core Skill: FIRST TOUCH – SKILL GAME

Session objective: *Improve players ability to receive to play a forward pass*

Organisation Diagram



Organisation

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Step Up

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- 2 points for killer pass from within own half
Smaller area

Step Down

- 2 touch min
- Larger area