



Week 12 - First Touch (Level 3)

Category: Small-Sided Games
Difficulty: Beginner

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Individual-Adult Member

Description

Skill Introduction (10 mins)

Instructions:

Players in threes, positioned as shown. The player in the middle stands in a 2m x 2m grid without ball.

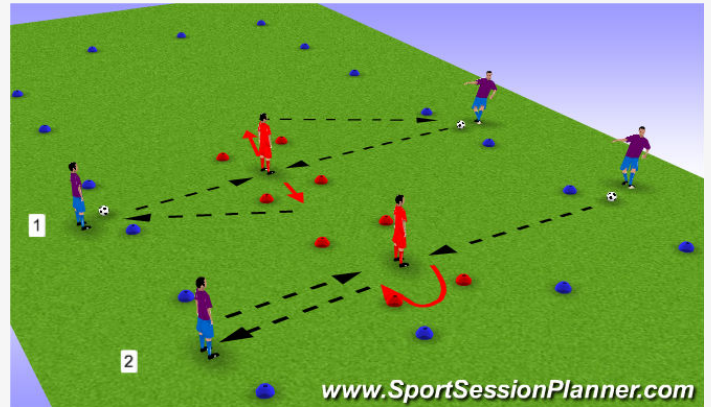
Variation 1: Each side player has a ball.

The exercise starts with a player on one side passing the ball to the player in the grid. They must move the ball with their first touch side-ways out of the grid and pass it back with their second touch. Then they receive the next ball from the player at the opposite side. Rotate positions after 10 repetitions. Use various techniques i.e. right/left foot only; inside/outside foot only.

Variation 2: 1 side player has a ball.

The central player receives the ball, turns in the grid (one touch) and passes to the player at the opposite side with their 2nd touch. This player receives the ball and passes it back again to the player in the grid, etc.

Rotate positions after 10 repetitions. Use various techniques i.e. right/left foot only; inside/outside foot only.



Skill Introduction - Progression (5 mins)

Instructions:

Each side player has a ball.

The side players follow their pass, sprinting to the left or right cone of the grid.

The player in the middle must now move the ball out of the grid in the opposite direction with their 1st touch and dribble the ball to the empty side line.

The new middle player now receives the ball from the other end and the pattern is repeated.

Use various techniques i.e. right/left foot only; inside/outside foot only.



Skill Training (15 mins)

Instructions:

Split into 2 teams with equal numbers within the grid (4 v 4, 3 v 3, 5 v 5 etc).

The 'rescue' players of both teams are positioned opposite each other on the outside of the grid.

Mandatory 2 touches for all players, including the 'rescue' players (this simple restraint sees to it that each 1st touch must be good!).

The team with the ball tries to keep the ball by passing within the grid to team members. The other team tries to tackle and take the ball then keep the ball by passing to other team members.

If someone passes to a rescue player, both players (passer and 'rescue' player) must immediately swap positions.

Possible Coach Remarks:

Move the ball with your 1st touch away from the defender(s).

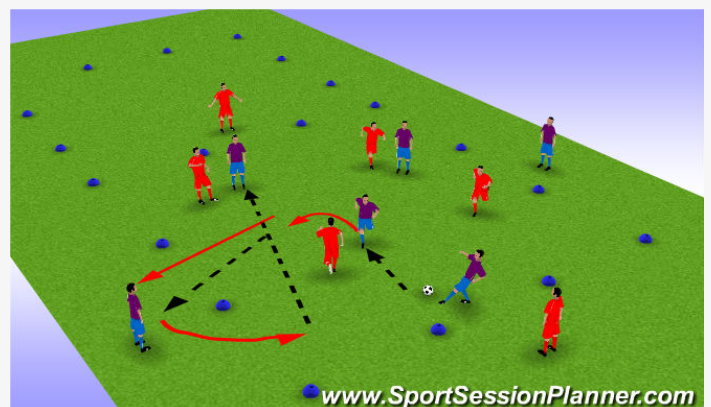
Use body feints to disguise your intention.

Make an angle when asking for the ball.

Try to position yourself in a way that you can see as much of the grid as possible.

Scan your options before receiving the ball.

Rescue players: help the players in the grid by coaching them.



Game Play (30 mins)

Instructions:

Standard match game 15 minutes each half.

Promote the skill that has been taught during the training session.
Look to see if the skill has been learnt.

At certain times during match play, coach to only allow 2 touches for a short duration (first touch = control ball, second touch = pass ball).

If required, also use the 30 minute match time to work on match day issues or ideas.

