



Week 2 - First Touch (Level 1)

Category: Small-Sided Games
Difficulty: Beginner

Mike Penny, Sydney, Australia
Individual-Adult Member

Description

Skill Introduction - Warm Up (5 mins)

Instructions:

Players in pairs 5 - 7 metres apart with one ball between the pair. Players pass to each other taking a first touch left or right when receiving the ball.

Only 2 touches allowed (first touch = control ball, second touch = pass ball)

Possible Coach Remarks:

Keep on your toes moving to receive the ball.

Good first touch, keep ball close to body and under control.

Accurate passing to opponent.



Skill Introduction - Progression (10 mins)

Instructions:

Players in pairs (or five) 10 - 15 metres apart with one ball between them.

Same passing sequence as the warm up only this time, when the ball is passed, the passer runs towards the receiver at speed. (passive attacking then jog to the back of the line)

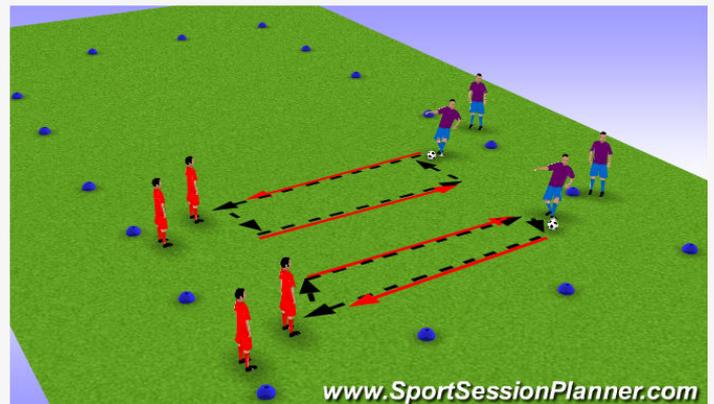
Receiver uses their first touch to move the ball away from the approaching passer and with the second touch passes the ball to the opposite player and runs towards the receiver at speed.

Coach instruct the attackers to run to the left or right of the opponent.

Receiver to take first touch opposite to where the attacker is running.

Coach instruct the attackers to run directly at the opponent so receiver can decide which way to take their first touch.

Receiver can fake a move in one direction but move the ball in the other direction.



Skill Training (15 mins)

Instructions:

Split the field and teams into the 2 training areas.

Depending on numbers play 4 v 1 (easiest), 3 v 1, 5 v 2, 6 v 2 or 4 v 2 (most difficult)

Dissallow 1 touch football, minimum 2 touches allowed (first touch = control ball, second touch = pass ball)

Regularly swap defenders and passers or if defender gets the ball from passer, passer becomes defender.

Stop halfway through the session and swap around players and game numbers. Maybe try 4 v 2 to make the passers think and release the ball quicker.

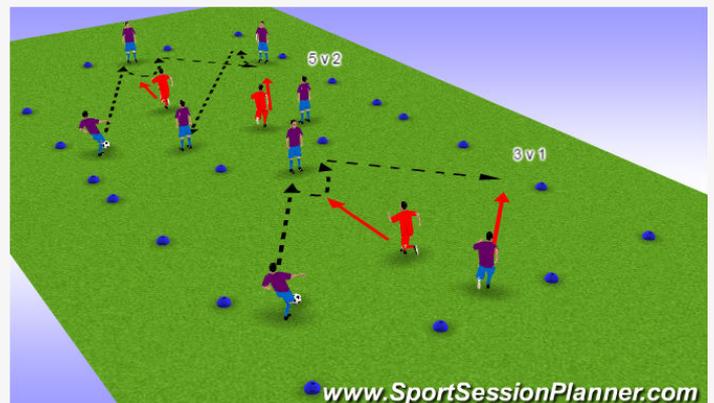
Possible Coach Remarks:

Make angles for pass, do not stand in corners.

Open body to the field, keep on your toes.

Move ball with first touch away from the defender.

Use body feints to disguise first touch direction.



Skill Game (30 mins)

Instructions:

Remove cones from middle of training area.

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.

