



Week 7 - First Touch (Level 2)

Category: Technical: Passing & Receiving
Difficulty: Beginner

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Individual-Adult Member

Description

Skill Introduction (10 mins)

Instructions:

4 passers in front of the cones with 1 ball. 2 receivers within the cones.

The receivers must be aware of each other and take turns to receive the ball from a passer.

First receiver calls for the ball, takes a first touch into space and passes to a different passer.

The next receiver then comes into play and does the same.

Keep alternating between receivers.

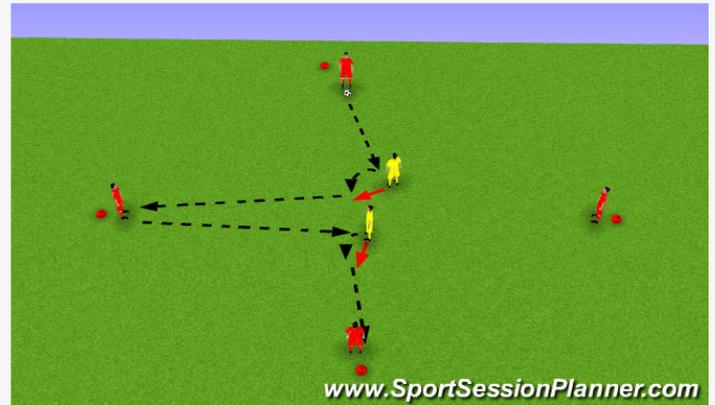
Receivers should be aware where their partner is passing so that they can get into position to call for the ball and receive the next pass.

Only 2 touches allowed by the receivers, first touch into space keeping close control of the ball, next touch to a passer.

Possibly advance to passers being allowed 2 touches only.

Rotate receivers after 2 - 3 minutes.

Make the area larger or smaller depending on player ability (smaller more difficult due to tighter space).



Skill Training (20 mins)

Instructions:

Goal and attackers cone between 7 - 10 metres apart, close enough that the attacker has little time on the ball.

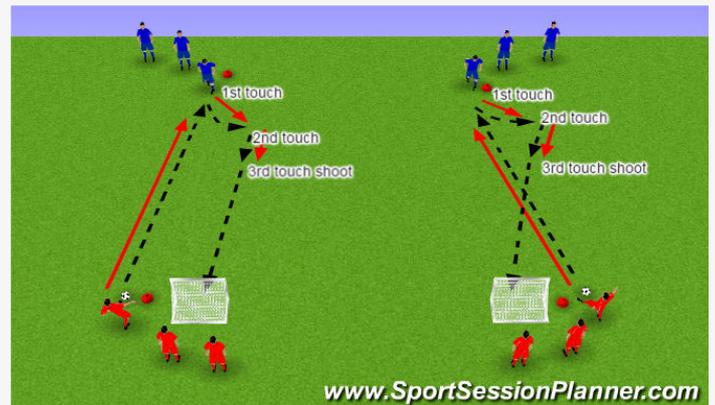
Passer plays the ball to the attacker and follows the ball at pace towards the attacker.

Passer can run to the left or right of the attacker (no tackling), forcing the attacker to take the first touch opposite to where the passer is running.

Attacker takes first touch away from the approaching passer, second touch towards goal and the third touch is a shot into the goal.

Attacker retrieves the ball and joins the passers queue, passer joins the attackers queue.

Advance to allowing the passer to run directly at the attacker (no tackling) making the attacker decide to take the first touch either left or right.



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.

